

# INDEX

**Antall deltakende klubber i mesterskapene 2019** 280

**Antall deltakende utøvere 2019**

	Menn	Kvinner	Totalt
Totalt	1065	760	1825
Seniormesterskap	647	380	1027
Juniormesterskap	268	231	499
Ungdomsmesterskap	472	465	937

**Antall starter i mesterskapene 2019**

	Menn	Kvinner	Totalt
Totalt	2951	2517	5468
Seniormesterskap	1008	651	1659
Juniormesterskap	502	429	931
Ungdomsmesterskap	1441	1437	2878

Slik leses indeksen:

Navn: **Borge, Vebjørn** (14.2.1994)  
 Fødselsdato: 14.2.1994  
 Plassering\*: \* Se nedenfor  
 År: **2013** 1000mR 5 1:56.10, 400m inne 3h2 51.84, 4x200mR inne  
 DQ, 4x100mR DNF, 4x400mR 4 3:19.64, 400m U20 5 51.36,  
 800m U20 3h3 2:05.20, 1000mR U20 3 1:57.24, 4x100mR U20 0  
 DNFh1, 400mR U20 1 3:21.95, 400m G1 19 8 51.27, 800m  
 G18/19

**Øvelse**  
 Sort skrift: Seniormesterskap  
 Blå skrift: Juniormesterskap  
 Rød skrift: Ungdomsmesterskap

**Klasse**  
 Blank: Senior-NM  
 Øvre klasser benevnt

**Inne**  
 Innendørskonkurranse  
 Utendørs er blank

**Resultat**

**Plassering:**  
 Enkeltstiffer: Finaleplassering  
 3h2: Nr. 3 i heat 2  
 4s3: Nr. 4 i semifinalen 3  
 DNF: Brutt  
 DNFh2: Brutt løp i heat 2  
 DNS: Startet ikke  
 DQ: Diskvalifisert  
 Rxxx.xx: Diskvalifisert etter denne regel  
 NM: Ikke gyldig resultat  
 q eller k: kvalifiseringskonkurranse

#### Antall utøvere pr årsklasse i UM

Gutter	15 år	16 år	17 år	18 år	19 år	Jenter	15 år	16 år	17 år	18 år	19 år
2019	122	134	86	113	←	2019	139	130	80	95	←

## Index NM/UM 2019

## Menn

## A

**Abdellaue, Younes** (5.4.2002)

2019 2km terreng G17 11 5:48

**Abdulaziz, Ebrahim (ERI)** (17.11.1978)

2019 10000 10 (10h2) 30:18.33, Halvmaraton 1 1:06:02

**Adom, Kofi Appietu** (20.12.1996)

2019 4x100 stafett DNF, 4x400 stafett 3 3:26.03

**Ali, Abdirahman Dahir (???)** (???.???.???)

2019 10km terreng DQ:Utenlandsk stasborger uten dispensasjon

**Ali, Abdullahi Hassan** (1.11.1994)

2019 800 8h2 1:59.34, 1500 9h1 4:12.50

**Ali, Mohamed Husein** (10.5.2003)

2019 3000 G16 10 9:18.65, 1500 inne G16 5 4:27.91

**Allers-Hansen, Tobias** (6.1.2003)

2019 1x6km terrengstafett 13 15:42, 800 U20 4h2 2:01.74, 1500 U20 11h1 4:21.32, 800 G16 24 (11h3) 2:11.01, 1500 hinder G16 3 4:31.07, 1000 stafett G15/16 1 2:05.1, 2km terreng G16 6 5:35, 4x100 G16 3 47.30, 4x600 G16 1 6:03.76

**Almås, Paul Håkon** (2.7.1957)

2019 Motbakke 101 71:24

**Alne, Johannes** (12.2.1975)

2019 800 inne 12 (3h1) 2:02.96

**Alstad, Tobias** (31.8.2002)

2019 4km terreng G17 3 12:55

**Amundsen, Sondre Fougstad** (25.9.1998)

2019 100 4s1 11.00, 3h4 10.94, 6s1 22.04, 3h3 21.86, 100 U23 2 10.71, 1h3 10.84, 200 U23 2 21.88, 1h2 21.58, 60 inne G20-22 5 7.17, 3h1 7.25, 200 inne G20-22 2 22.58, 1h2 22.52

**Ande, Michael** (???.???.???)

2019 10km terreng 18 32:13

**Andersen, Fred Anton** (21.12.1965)

2019 Terrenkultra 27 6:47:49, 24 timer ultra 5 207.533

**Andersen, Sindre Fidje** (1.9.2003)

2019 100 U20 5h5 11.79, 200 U20 4h7 24.07, Lengde U20 18q 5.78, 100 G16 7s1 11.63, 3h3 11.70, 200 G16 6s1 24.36, 3h4 24.81, Lengde G16 6 6.00w, 60 inne G16 5h1 7.58, 200 inne G16 3h1 25.52, Lengde inne G16 5 5.71

**Andersen, Torbjørn** (12.1.2003)

2019 400 hekk G16 8 45.18

**Andersen, Ådne** (18.1.1994)

2019 1500 4 3:48.85, 2h2 4:00.73, 800 inne 7 (6h3) 1:56.67, 1500 inne h3 DNF, 3000 inne 5 (5h2) 8:17.74, 10km terreng 4 30:42

**Andreassen, Torgeir** (2.5.1984)

2019 24 timer ultra 43 111.930

**Andresen, Trygve** (9.3.1979)

2019 Halvmaraton 12 1:17:28

**Andresen, Viktor** (12.4.2001)

2019 4x400 mixlag U20 2 3:49.06

**Angelshaug, Lasse Solheim** (20.8.1998)

2019 60 inne 6h4 7.27, 200 inne 2h4 22.97, 4x200 stafett inne 2 1:30.34

**Angelshaug, Magnus Lande** (18.3.2001)

2019 100 U20 4h4 11.89, 200 U20 4h4 23.80, 100 G18/19 5h1 11.60, 200 G18/19 h4 DNS

**Angermund-Vik, Stian** (27.8.1986)

2019 Motbakke 3 43:31, 10km terreng 19 32:16

**Anker-Nilssen, Henrik** (4.7.2002)

2019 4x800 mixlag U20 1 9:19.28

**Annexstad, Henrik Dahlen** (23.11.2002)

2019 100 G17 6h2 12.01, 200 G17 6h2 24.76, 60 inne G17 6h3 7.75, 200 inne G17 3h3 24.68

**Apold, Lars-Olav Måkestad** (5.6.1992)

2019 1500 inne 21 (6h1) 4:14.81, 3000 inne 17 (8h1) 9:04.12, 3km terreng 27 8:11

**Araya, Hermon Angesom (ERI)** (3.6.2004)

2019 1x6km terrengstafett 14 15:57, 800 G15 5 (5h2) 2:09.27, 2000 G15 2 5:53.98

**Arnesen, Mathias Hille** (13.2.2003)

2019 1000 stafett G15/16 5 2:09.5

**Arnesen, Ulrik Astrup** (28.1.1997)

2019 10km terreng DNF

**Artelius, Erik Olof (SWE)** (31.7.2001)

2019 100 U20 4h2 11.63, 200 U20 4h1 23.48, 100 G18/19 4h3 11.41w, 200 G18/19 8 23.27, 4s1 23.72, 3h2 23.53

**Arten, Amiin Aden** (11.6.2004)

2019 100 G15 7 11.83, 4s1 11.83w, 3h2 11.82

**Asgautsen, Thomas Førland** (13.3.1989)

2019 Halvmaraton DNF, Maraton 2 2:36:11

**Askeland, Fredrik** (13.7.1989)

2019 Terrenkultra 12 6:11:14

**Aurdal, Herman Velle** (22.2.1999)

2019 Kule U23 5 12.19, Diskos U23 4 39.06, Slegge U23 1 49.04

## B

**Bakke, Magnus Skeide** (16.3.2003)

2019 Motbakke 29 54:08

**Bakken, Edvin** (10.10.1949)

2019 Motbakke 106 75:40

**Bakketun, Andreas Haara** (21.2.2001)

2019 200 3 21.67, 2s2 21.70, 1h4 21.87, 400h 2 50.97, 1000 stafett 6 2:00.93, 200 inne 2 21.91, 1h3 22.01, 200 U20 1 21.63, 1s2 22.13, 1h5 22.85, 400 U20 1 49.03, 1h1 50.70, 400 hekk U20 1 53.44, 1000 stafett U20 1 1:57.61, 400 G18/19 1 (1h3) 48.98, 400 hekk G18/19 1 53.71, Høyde G18/19 7 1.65, 1000 stafett G17-19 1 (1h2) 1:56.03, 60 inne G18/19 2 7.00, 1s2 7.13, 1h1 7.16, 200 inne G18/19 1 21.84, 1h1 22.44, 4x200 inne G18-22 1 1:30.23

**Baranyi-Berge, Herman Sandor** (6.3.2003)

2019 100 G16 8 11.60, 4s2 11.60, 2h1 11.48w, 200 G16 3 23.22w, 2s1 23.62, 1h4 24.23, 60 inne G16 7.29, 1h2 7.31, 200 inne G16 3 23.45, 1h3 23.71

**Barkhald-Langjord, Marcus Kwadwo** (16.12.1996)

2019 4x100 stafett DNF

**Becker, Håvard** (18.4.1999)

2019 200 5h2 22.46, 400h 4 53.61, 100 U23 3 10.93, 2h2 10.98, 200 U23 5 22.86, 2h2 22.21, 110 hekk U23 1 15.22, 400 hekk U23 1 56.06

**Benert, Ben Jeffrey** (1.2.2001)

2019 4x200 stafett inne 2 1:30.34, 200 U20 3s3 22.63, 1h6 22.78, 60 inne G18/19 5s1 7.25, 4h2 7.31, 200 inne G18/19 3 22.48, 1h3 22.45

**Bengtsson, Staffan Henrik** (23.4.1982)

2019 Terrenkultra 21 6:27.33

**Benjaminsen, Tom** (30.3.1976)

2019 24 timer ultra 55 81.534

- Berg, Arne** (2.1.1987)  
2019 24 timer ultra 18 154.639
- Berg, Simen Nordheim** (26.3.2003)  
2019 100 U20 5s2 11.46, 2h1 11.49, 200 U20 5s3 23.08, 3h4 22.89, 100 G16 1 11.19, 1s1 11.28, 1h3 11.30, 200 G16 2 23.01w, 1s2 23.95, 1h3 24.08, 1000 stafett G15/16 5 2:09.5, 60 inne G16 2 7.36, 1h3 7.30, 200 inne G16 1 23.15
- Berger, Bjørn-Øivind** (31.7.1994)  
2019 Stav 6 4.40
- Berger, Lars** (1.5.1979)  
2019 Motbakke 19 49:27
- Berget, Nikolai Gylthe** (27.5.2003)  
2019 4km terreng G16 14 14:49
- Bergh, Jørgen** (29.12.2003)  
2019 Høyde G16 =4 1.69
- Bergheim, Elias August** (12.10.2003)  
2019 200 G16 7h3 25.46, 400 hekk G16 6 43.10, 1000 stafett G17-19 8 (3h1) 2:07.80
- Bergheim, Luka** (19.2.2004)  
2019 300 hekk G15 5 (4h2) 43.86, Høyde G15 3 1.74, Lengde G15 6 5.43, 60 hekk inne G15 4 9.59, Høyde inne G15 3 1.74, Lengde inne G15 6 5.44, 7q 5.25
- Bergseth, Simen Jerry** (13.1.1992)  
2019 10000 39 /21h1) 32:51.13, 3km terreng 25 8:07, Halvmaraton 5 1:08:59, 10km terreng 24 32:37
- Bergstå, Robert** (20.1.1991)  
2019 3km terreng 23 8:05, Motbakke 21 49:45
- Bergstå, Stian** (16.11.1993)  
2019 3km terreng 29 8:34, Motbakke 13 48:02
- Bergvik, Tobias** (2.1.2002)  
2019 60 inne G17 6 7.46, 3h3 7.53
- Berner, Markus Nikolai** (26.7.1997)  
2019 200 6 21.96, 4s2 21.76, 1h1 21.91, 1000 stafett 2 1:54.72, 60 inne G20-22 7.10, 1h1 7.14, 200 inne G20-22 DNS, 1h3 22.43
- Bie, Christian Lauvdal** (12.12.2002)  
2019 2km terreng G17 9 5:38
- Bifuko, Patrick Monga** (12.1.1996)  
2019 100 5h2 11.12, 1000 stafett 2 1:54.72, 60 inne 8s1 7.38, 3h2 7.07
- Birkedal, Bård Vestøl** (31.7.1985)  
2019 Terrenkultra 36 7:20:36
- Birkeland, Stian** (31.7.2001)  
2019 2km terreng U20 11 5:27
- Birketveit, Lars Magnus** (21.4.2004)  
2019 100 G15 5s1 11.91w, 2h4 12.02, 1000 stafett G15/16 7 2:10.8, 60 inne G15 7 7.73, 3s1 7.65, 1h4 7.61, 200 inne G15 5 24.42, 1h6 24.49, 4x200 inne G15-17 2 1:38.61, 4x100 G16 1 46.15, 4x600 G16 4 6:13.12
- Bjarkø, Arild** (26.10.1956)  
2019 Motbakke 67 61:12
- Bjarnason, Kristinn Rafn (ISL)** (16.8.2004)  
2019 Kule G15 6 12.74, Diskos G15 12 30.70, Slegge G15 10 22.36, Kule inne G15 8 11.73
- Bjerke, Philliph Granaas** (5.4.2002)  
2019 4km terreng G17 6 13:10
- Bjerkaas, Jonatan Greni** (28.3.1999)  
2019 200 s2 DNF, 4h1 22.19, 4x400 stafett 2 3:20.56
- Bjorvatn, Kenneth** (23.5.1997)  
2019 Lengde uten tilløp 1 3.31
- Bjørnbæk, Torkel A.** (26.9.1999)  
2019 Kule U23 2 13.07, Diskos U23 2 44.21
- Bjørgan, Johan Magnus** (20.1.2000)  
2019 Lengde U20 10 6.12, 11q 6.32, 1000 stafett U20 4 1:59.92, 100 G18/19 5h2 11.52w, Lengde G18/19 6 6.36
- Bjørgum, Mats** (21.2.1994)  
2019 10000 35 (17h1) 32:02.60, 3km terreng 15 7:50, 1x6km terrengstafett 5 14:54, 10km terreng 32 33:46
- Bjørndal, Anders** (8.7.1995)  
2019 800 5h2 1:55.21, 1000 stafett 6 2:00.93, 800 inne 6 (5h3) 1:56.60
- Bjørnerud, Atle** (28.2.1962)  
2019 Terrenkultra 34 7:11:31
- Bjørnstad, Benjamin** (14.5.2003)  
2019 100 8h2 12.27, 3000 gang 4 25:55.81, 5000 gang inne 3 26:56.44, 3000 gang U20 2 14:16.23, 3000 G16 23 10:27.55, 2000 gang G16 2 9:12.82, Spyd G16 5 40.45, 60 inne G16 6 7.65, 3h1 7.58, 200 inne G16 2h3 24.21, 1500 gang inne G16 1 7:00.64
- Bjørtomt, Jørgen Johan** (4.1.1997)  
2019 3km terreng 31 8:30
- Bjørø, Einar** (12.8.2001)  
2019 1500 gang inne G18/19 1 7:47.01, Kule inne G18/19 6 8.88
- Blandkjenn, Dag** (1.10.1996)  
2019 10000 21 (17h2) 31:07.53
- Blom, Lasse** (24.11.1983)  
2019 5000 27 (14h2) 15:27.06, 10000 38 (20h1) 32:41.80
- Blücher, Thomas Antonio** (5.9.2000)  
2019 400 G18/19 16 (3h1) 52.59, 1000 stafett G17-19 1 (1h2) 1:56.03, 400 inne G18/19 6 (3h2) 52.03, 800 inne G18/19 6 (4h3) 2:01.16, 4x200 inne G18-22 1 1:30.23
- Blåsternes, Lars Christian** (8.12.1975)  
2019 Maraton 14 3:23:05
- Bollerød, Moa Abounnachat** (2.11.2001)  
2019 1500 U20 2 3:56.83, 1h2 4:05.80, 2km terreng U20 1 5:01, 6km terreng U20 7 18:54, 800 G18/19 2 (2h2) 1:56.18, 3000 G18/19 8 8:55.20, 800 inne G18/19 3 (3h3) 1:57.56, 1500 inne G18/19 3 4:01.28
- Bonesmo, Snorre Sliper** (9.5.2001)  
2019 400 G18/19 7 (6h3) 50.59, 800 G18/19 4 (4h2) 1:57.55
- Bongom, Bjørn Harald** (6.1.1967)  
2019 Motbakke 43 56:25
- Borgen, Henrik Utheim** (10.2.2004)  
2019 100 G15 8h1 12.65, Høyde G15 =9 1.55, Lengde G15 12 4.43, Tresteg G15 5 11.60w
- Borkholm-Røstum, Knut** (7.6.2002)  
2019 3000 G17 9 9:17.16
- Boutera, Jacob** (29.4.1996)  
2019 1500 3 3:46.65, 3h2 4:00.94, 1500 inne 7 (7h3) 3:55.94, 3000 inne 9 (9h2) 8:31.93
- Bovolden, Anders Nikolai** (19.10.2001)  
2019 100 U20 5 11.25, 2s1 11.40, 1h1 11.34, 200 U20 4s3 22.94, 2h6 22.90, 1000 stafett U20 2 1:58.15, 100 G18/19 4 11.08w, 2h1 11.18, 200 G18/19 6s2 23.90, 4h2 23.66, 1000 stafett G17-19 2 (2h2) 1:56.06, 60 inne G18/19 5h4 7.50, 200 inne G18/19 3h2 23.75, 4x200 inne G18-22 2 1:32.48
- Brandseth, Kristian** (28.2.2004)  
2019 800 G15 10 (2h1) 2:11.14
- Brattaule, Thomas** (15.3.2004)  
2019 Diskos G15 7 39.43, Spyd G15 4 44.62
- Bredesen, Mathias Michelet** (13.4.2003)  
2019 100 U20 3h1 11.65, 200 U20 4h3 23.86, 100 G16 =4 11.42, 3s2 11.53, 1h1 11.46w, Lengde G16 13 5.17w
- Bredesen, Tor Alfred** (21.11.1993)

2019 3km terreng 34 9:10

**Brekke, Gunnar** (???.1964?)

2019 Terrengultra 19 6:20:31

**Brennhovd, Pette Andreas Schrøder** (29.11.2004)

2019 2000 G15 13 6:17.03, 2km terreng G15 6 5:58

**Bringsvor, Eirik Voksøy** (14.2.1994)

2019 Motbakke 26 52:32

**Brkineh, Frew Zenebe (ETH)** (17.10.1984)

2019 10000 8 (8h2) 30:14.53, Halvmaraton 2 1:06:29, Maraton 1 2:34:54

**Brosvik, Kristen** (23.3.2000)

2019 Slegge U20 3 59.76

**Brownlie, Graham James** (22.3.1978)

2019 24 timer ultra 20 153.426

**Brudevoll, Arvid** (25.9.1964)

2019 Motbakke =50 57:20

**Brufladt, Steffen** (14.5.1992)

2019 Terrengultra 6 5:59:27

**Bruksås, Iver Brekke** (11.2.2004)

2019 800 G15 =11 (=3h1) 2:12.04, 2000 G15 14 6:18.43

**Brunstad, Sverre Gunnar** (13.12.1967)

2019 Halvmaraton 16 1:20:47

**Brustad, Martin Aarbogh** (15.1.2004)

2019 100 G15 =5 12.28, 200 G15 5h2 26.00, 1000 stafett G15/16 8 2:16.0, 4x100 G16 4 47.70

**Bu, Øyvind** (4.6.1987)

2019 60 inne 7h2 7:37

**Bucher-Johannessen, Per** (11.5.2002)

2019 Tresteg U20 NM, 100 G17 5 11.36w, 2h1 11.44w, 110 hekk G17 3 14.65w, Lengde G17 2 6.21, Tresteg G17 1 14.59

**Bue, Robert** (20.12.1989)

2019 10km terreng 53 37:36

**Bugge, Anders** (5.6.1996)

2019 Motbakke 20 49:36

**Bugge, Johan** (24.1.1991)

2019 Motbakke 2 43:02

**Bukari, Salim** (28.6.2002)

2019 1x6km terrengstafett 6 14:56, 1500 U20 10 4:02.91, 5h1 4:08.25, 800 G17 DNF, 2km terreng G17 1 5:09

**Bulling, Ask Viljar Skar** (14.5.1998)

2019 1000 stafett 4 1:58.98, 100 U23 4h1 11.59, 200 U23 5h3 23.98, 60 inne G20-22 8 7.29, 4h1 7.33, 200 inne G20-22 3h2 23.62

**Buras, Ibrahim** (21.8.2001)

2019 4x1500 stafett DNF, 1500 U20 8 4:02.46, 3h2 4:06.75, 5000 U20 16 16:21.55, 2km terreng U20 12 5:29, 6km terreng U20 4 18:43, 3000 G18/19 16 9:15.21, 800 inne G18/19 10 (2h1) 2:03.93, 1500 inne G18/19 8 4:19.15

**Burkauskas, Deividas (LTU)** (3.9.2004)

2019 100 G15 7s2 12.15, 4h3 12.21, 200 G15 5h1 25.83

**Busterud, Jarle** (13.7.1950)

2019 24 timer ultra 22 152.740

**Byrkjeland, Thomas Jefferson** (11.2.1998)

2019 10km terreng 26 32:49, 1500 U23 3 3:54.20

**Byrkjenes, Jonathan Varela** (24.9.1991)

2019 Tresteg 7 13.28, Tresteg inne 4 14.62

**Bø, John Aslak** (5.8.1987)

2019 24 timer ultra 49 101.010

**Bøe, Filip** (30.8.2000)

2019 200 2 21.49, 2s1 21.70, 1h3 21.71, 100 U20 1 10.70, 1s2 11.03, 2h3 11.19, 200 U20 2 21.86, 2s3 22.31, 2h4 22.86, 1000 stafett U20 4 1:59.92, 200 G18/19 1 21.70, 1s1 22.89, 1h2 22.89

**Bøgeberg, Asgeir** (15.12.1959)

2019 1x6km terrengstafett 19 18:43, Halvmaraton 28 1:27:37

C

**Callesen, Christoffer** (29.3.1988)

2019 10km terreng 33 33:58

**Chernov, Tomas Daniel (FIN)** (7.8.2004)

2019 200 G15 8h2 27.08, 100 hekk G15 6 18.53, 300 hekk G15 11 (7h2) 49.81

**Cherry, Alan George** (21.5.1991)

2019 10km terreng 22 32:35

**Christensen, Nils Christian** (7.7.2002)

2019 800 U20 4h1 2:01.78, 4x100 stafett U20 3 45.68, 4x400 mixlag U20 2 3:49.06, 400 G17 7 (3h1) 54.35, 800 G17 6 2:08.48, 1000 stafett G17-19 7 (2h1) 2:07.24, 400 inne G17 5 54.54, 800 inne G17 3 (3h2) 2:04.24

**Clementsén, Sigurd** (9.3.2003)

2019 200 U20 5h7 24.32, 400 U20 6h3 56.05, 1000 stafett U20 DNS, 4x100 stafett U20 2 44.81, 4x400 stafett U20 2 3:46.01, 1000 stafett G15/16 DNF, 60 inne G16 3h2 7.60, 200 inne G16 4 23.58, 1h4 23.65, 4x200 inne G15-17 1 1:34.91, 4x100 G16 DNF, 4x600 G16 5 6:15.22

**Couessurel, Théo Getz** (8.7.2003)

2019 60 inne G16 6h1 7.79, 200 inne G16 4h1 25.77, 60 hekk inne G16 7 10.59, Lengde inne G16 9 5.23

**Cruz, André da Silva** (18.12.2004)

2019 100 G15 7h3 12.69, 300 hekk G15 9 (3h1) 47.19, 1000 stafett G15/16 4 2:08.1

D

**Dagsvik, Jan Olav** (13.8.1969)

2019 24 timer ultra 58 70.434

**Dahl, Arne Olav Brøndbo** (20.7.2004)

2019 Tresteg G15 12 10.45w, Kule G15 8 12.13, Diskos G15 8 38.66, Slegge G15 4 44.28, Spyd G15 10 37.87, Tresteg inne G15 6 10.57, Kule inne G15 9 11.69

**Dahl, Even Brøndbo** (29.3.1994)

2019 1500 inne 6 (6h3) 3:52.67, 3km terreng =5 7:35, 10km terreng 13 31:42

**Dahl, Jørgen Stuve** (3.3.2004)

2019 Kule G15 12 9.89, Diskos G15 10 32.70, 1000 stafett G15/16 8 2:16.0

**Dahl-Rismyhr, Marcus** (21.7.2004)

2019 800 G15 3 (3h2) 2:08.84, 2000 G15 9 6:04.56, 2km terreng G15 9 6:05

**Dahle, Vidar** (26.2.1988)

2019 1500 7 3:55.97, 4h2 4:01.17

**Dalberg, Vegard Ølstad** (12.9.1992)

2019 10km terreng 31 33:30

**Dalbu, Sander** (28.9.2002)

2019 100 G17 6 11.46w, 3h2 11.62, 200 G17 7 23.35w, 3h2 23.81, 1000 stafett G17-19 10 (5h1) 2:15.55, 60 inne G17 4h2 7.65, 200 inne G17 2h2 24.06, 4x200 inne G15-17 3 1:39.38

**Dale, Mathias Andreas Reksten** (24.1.2003)

2019 Kule U20 3 14.58, 3q 13.37, Kule G16 1 15.92, Diskos G16 4 40.66, Slegge G16 5 39.27, Kule inne G16 5 12.78

**Dalsplass, Petter Plassen** (6.7.2001)

2019 100 G18/19 6 11.22w, 2h3 11.34w, 200 G18/19 5s2 23.78, 5h2 23.77, 60 inne G18/19 8s1 7.48, 4h4 7.49, 200 inne G18/19 3h3 24.32

**Dalsrud, Tom Ole** (29.4.1975)

2019 Maraton 5 2:47:55

**Delphin, Christian** (15.9.2001)

2019 4x100 stafett 2 43.03, 4x100 stafett U20 1 44.14

**Devik, Arne Osnes** (14.9.2001)

2019 Slegge 6 56.19, Slegge U20 2 61.31, Slegge G18/19 2 63.50

**Devik, Evald Osnes** (19.4.1995)

2019 Slegge 2 65.63

**Dimmestøl, Rune** (26.1.1987)

2019 Motbakke 69 61:20

**Dingsør, Sondre** (3.2.1996)

2019 800 6h1 1:54.32

**Dixon, Andreas Joseph** (3.4.2001)

2019 110h 6 15.66, 400h 5 54.74, 200 inne 3h4 23.58, 110 hekk U20 5 15.34, 3h2 15.27, 400 hekk U20 2 54.36, 1000 stafett U20 4 1:59.92, 110 hekk G18/19 7 15.15, 400 hekk G18/19 2 55.17, Tresteg G18/19 5 12.92

**Dolve, Eirik Greibrokk** (5.5.1995)

2019 Stav 3 5.00, Stav inne 2 5.20

**Douglas, Leon** → Mjaaland, Leon Samuel Douglas

**Driveklepp, Stian** (29.1.1983)

2019 24 timer ultra 48 105.378

**Duncan, Henrik** (7.4.2003)

2019 100 G16 8s2 11.80, 4h1 11.71w, 200 G16 7s2 24.71, 5h2 24.76, 1000 stafett G17-19 4 (4h2) 2:03.38

**Duodu, Roderick Appiadjei** (30.3.2002)

2019 1500 U20 7h2 4:07.61, 5000 U20 DNF

**Dæhlin, Ådne Svahn** (26.6.1982)

2019 800 8 1:54.76, 2h1 1:52.24

**Dørum, Lars Christen** (12.9.1953)

2019 24 timer ultra 62 10.374

**Døske, Andreas Pedersen** (26.5.2003)

2019 5000 gang 4 24:24.28, 5000 gang inne 1 24:54.97, 10000 gang 2 48:37.5, 3000 gang U20 1 13:52.94, 3000 G16 15 9:37.49, 2000 gang G16 1 8:41.09, 2km terreng G16 9 5:41

**Døving, Odd Jarle** (9.9.1954)

2019 Motbakke 86 65:26

**Daae, Sander Rye** (15.5.2002)

2019 110 hekk G17 DQ, Tresteg G17 NM

**Daasvatn, Sveinar Nygård** (13.1.2004)

2019 Høyde G15 7 1.65, Diskos G15 4 44.73

E

**Edman, Ferdinand Kvan** (12.2.1993)

2019 1500 2 3:44.56, 1h2 4:00.08

**Edøy, Odd** (21.6.1957)

2019 24 timer ultra 31 150.150

**Eftedal, Kristoffer Fjære** (11.7.1996)

2019 Terrenkultra 4 5:44:14

**Eggen, Sivert Antonsen** (2.11.2000)

2019 1500 U20 9 4:02.78, 2h1 4:07.47, 5000 U20 7 15:32.23, 6km terreng U20 11 19:23, 800 G18/19 9 (2h1) 1:58.56, 3000 G18/19 15 9:14.30, 2000 hinder G18/19 2 6:24.82, 1000 stafett G17-19 5 (5h2) 2:05.35

**Eidsli, Marius** (7.9.2004)

2019 100 G15 5h3 12.28, 200 G15 7h3 25.98

**Eidsmo, Bjørnar** (10.1.1979)

2019 Terrenkultra 22 6:27:59

**Eieland, Haakon** (20.2.2004)

2019 100 G15 2 11.49, 1s2 11.54, 1h2 11.60, 200 G15 5 23.77w, 2h2 24.89, Lengde G15 4 5.49

**Eiksund, Johannes** (23.2.2003)

2019 100 G16 5h4 11.80w, 200 G16 5h4 25.34, 60 inne G16 7.59, 3h3 7.45, 200 inne G16 h2 DQ:R163.3

**Eilifsen, Morten** (6.1.1984)

2019 Motbakke 11 47:43

**Einan, Markus** (4.2.1997)

2019 800 2 1:48.61, 1h2 1:54.13, 800 inne 1 (1h3) 1:48.90, 10km terreng 45 34:54

**Eldrup, Erland Åkra** (5.11.1992)

2018 Terrenkultra 20 6:26:28

**Ellingsdalen, Simen Hernes** (18.8.1996)

2019 5000 h2 DNF, 10000 30 (12h1) 31:53.71, 3km terreng 22 7:57, 1x6km terrengstafett 4 14:52, 10km terreng 20 32:25

**Ellingsen, Herman** (23.2.2002)

2019 400 inne 3h1 52.58, 800 inne 11 (2h1) 2:02.24, 110 hekk U20 6 16.12, 3h1 14.85, 400 hekk U20 3 57.40, 1000 stafett U20 1 1:57.61, 200 G17 2 22.36w, 1h2 23.10, 400 G17 2 (2h2) 51.09, 110 hekk G17 2 14.39w, 300 hekk G17 1 38.67, 1000 stafett G17-19 1 (1h2) 1:56.03, 400 inne G17 1 51.72, 800 inne G17 9 (5h2) 2:11.21, 60 hekk inne G17 2 8.87, 4x200 inne G18-22 1 1:30.23

**Ellingsen, Vetle Raa** (16.4.2000)

2019 Høyde 2 2.05, Høyde inne NM, Høyde U20 1 2.08, Lengde G18/19 10 6.08

**Emblem, Gunnar Karl** (28.11.1973)

2019 Motbakke 66 61:04

**Engdahl, Linus** (16.2.2004)

2019 800 G15 =11 (=3h2) 2:12.04, 2000 G15 7 6:04.21

**Engeli, Lars** (18.6.1975)

2019 Motbakke 85 64:42

**Engen, Ludvig Elias** (23.1.2001)

2019 100 U20 5h2 11.83, 200 U20 5h3 24.05, 100 G18/19 6h1 11.67, 200 G18/19 6h2 24.33, Lengde G18/19 12 5.53, 60 inne G18/19 6h3 7.87, Lengde inne G18/19 6 6.01

**Engen, Oliver** (2.2.2001)

2019 Stav U20 4 4.30, Kule U20 6 13.71, 7q 13.03, Diskos U20 7 39.33, 7-kamp inne U20 DNF, 10-kamp U20 DNF, Stav G18/19 2 4.20, Kule G18/19 1 13.98, Diskos G18/19 4 39.93, Slegge G18/19 4 44.61

**Enstad, Kasper Steen** (29.4.2001)

2019 2km terreng U20 13 5:37, 6km terreng U20 22 21:35

**Erstad, Roger** (2.6.1976)

2019 Motbakke 70 61:23

**Espedalen, Anders** (21.12.2004)

2019 2km terreng G15 8 6:04

**Espeland, Sindre Jakobsen** (27.2.2001)

2019 400 inne 4h1 53.20, 4x200 stafett inne 4 1:31.94

**Espelid, Sondre Johannes** (26.5.2003)

2019 100 G16 6h1 11.88w, 200 G16 7 23.70, 4s2 24.38, 3h2 24.48, 1000 stafett G17-19 h2 DQ:R162.6, 60 inne G16 h3 DQ:R162.6, 4x200 inne G15-17 4 1:41.04

**Espenes, Bendik** (4.4.2001)

2019 Kule G18/19 2 13.92, Spyd G18/19 5 51.31

**Evjen, Sigurd Landsverk** (6.9.1999)

2019 400 U23 4h1 52.93, 800 U23 5 1:58.08

**Evjen, Øystein Steinsvik** (16.1.1999)

2019 4x400 stafett 3 3:26.03, 400 hekk U23 3 62.26

F

**Fadnes, Daniel Måkestad** (13.9.2004)

2019 2000 G15 20 6:32.54, 1500 inne G15 4 4:53.82

**Fagelund, Martin** (11.8.1995)

2019 Høyde uten tilløp 1 1.70, Lengde uten tilløp 9 2.93

**Fagerbakke, Eldar Thomassen** (27.6.1997)

**2019** 5000 h2 DNF, 3km terreng 17 7:54, 1500 U23 5 3:57.01, 5000 U23 6 15:13.11

**Falkeid, Tom Hagesæther** (9.11.1972)

**2019** 24 timer ultra 23 152.334

**Ferkingstad, Sjur** (28.7.1980)

**2019** 3000 inne 20 (11h1) 9:57.22, Maraton 6 2:54:37

**Fines, Ola Berg** (15.12.1990)

**2019** 5000 18 (5h2) 14:56.19, 10000 19 (4h1) 31:04.03

**Finne, Martin** (28.3.1993)

**2019** 10000 18 (3h1) 30:55.29

**Finshus, Thomas** (6.10.1988)

**2019** Terrengultra 7 6:01:23

**Fissehatsion, Okubamichael Mesfun (ERI)**

(15.9.1993)

**2019** 5000 16 (12h1) 14:48.88

**Fissehatsion, Senay Amlesom (ERI)** (10.12.1995)

**2019** 3km terreng 8 7:41, 10km terreng 3 30:36

**Fjeld, Andreas** (11.4.2004)

**2019** 2km terreng G15 10 6:18

**Fjeld, Hauk Are** (29.4.1994)

**2019** 10km terreng DNF

**Fjeld, Henrik** (6.1.2002)

**2019** 1500 U20 13h2 4:24.40, 5000 U20 20 18:20.97, 3000 G17

3 9:10.70, 800 inne G17 4 (1h1) 2:04.50, 1500 inne G17 3

4:19.66, 2km terreng G17 6 5:23, 4km terreng G17 DNF

**Fjeld, Ole-Petter** (26.8.1995)

**2019** 3km terreng 13 7:48

**Fjeldstad, Kasper** (21.2.2003)

**2019** 200 U20 5h6 23.54, Stav U20 NM, Lengde U20 9 6.28, 10q

6.34, 200 G16 8 23.76w, 3s1 24.04, 2h3 24.20, 100 hekk G16 4

14.88, Stav G16 2 4.00, Lengde G16 4 6.08w, 1000 stafett

G15/16 2 2:06.0, 60 inne G16 4h2 7.66, 60 hekk inne G16 4

8.67, Høyde inne G16 3 1.70, Stav inne G16 NM

**Fjeldstad, Simon Cruz** (14.4.2003)

**2019** 100 G16 6h3 12.03, Høyde G16 3 1.74, 1000 stafett

G15/16 2 2:06.0

**Fjøsne-Hexeberg, Trym** (28.3.2003)

**2019** 3000 G16 18 9:42.88

**Flak, Mathias** (26.5.1999)

**2019** 1500 8h2 4:03.98, 10000 29 (11h1) 31:51.74, 1500 inne 9

(2h2) 4:03.07, 3000 inne 11 (2h1) 8:33.99, 3km terreng 12 7:48,

1x6km terrengstafett 4 14:52, 10km terreng 16 32:02, 1500 U23

6 3:57.99, 5000 U23 DNF

**Flatin, Ole Erik** (9.4.1972)

**2019** 24 timer ultra 16 164.190

**Flood, Markus Aalo** (8.4.2002)

**2019** 60 inne 7h3 7.54

**Florvaag, Per Magne** (21.2.1993)

**2019** Stav 5 4.80

**Flote, Adrian** (9.6.2001)

**2019** Motbakke 39 55:51

**Fludal, Alexander Ødegaard** (4.11.1986)

**2019** Motbakke 71 61:55

**Flåtnes, Henrik** (26.12.2001)

**2019** Lengde 4 7.28, Tresteg 1 15.46, Lengde inne 1 7.56, 200

U20 5 22.52, 1s3 22.25, 1h2 22.66, Høyde U20 3 1.90, Lengde

U20 1 7.35, 1q 6.81, 200 G18/19 h3 DQ, 110 hekk G18/19 4

14.70, Høyde G18/19 1 1.93, Lengde G18/19 1 7.24, 1000

stafett G17-19 4 (4h2) 2:03.38, 60 inne G18/19 8 7.28, 4s2 7.30,

2h1 7.31, 60 hekk inne G18/19 4 8.40, 2h1 8.40, Høyde inne

G18/19 1 1.90, Lengde inne G18/19 1 7.47

**Folkow, Erik** (23.9.1997)

**2019** 400 U23 5 51.62, 2h1 51.79, 400 inne G20-22 3 51.36

**Fossen, Odd Even** (31.8.1989)

**2019** Motbakke 46

**Fosser, Kasper** (2.7.1990)

**2019** 10km terreng 5 30:43

**Fossøy, Jostein Joshua Dupa** (1.9.1992)

**2019** 100 7h3 11.22, 60 inne 7s3 7.14, 4h2 7.07

**Fotland, Arild** (31.7.1959)

**2019** 5000 gang inne 2 25:37.61, 10000 gang 3 52:41.3

**Frantzen, Tobias Uttakleiv** (3.2.2003)

**2019** 800 G16 23 (6h1) 2:10.30, 800 inne G16 9 (4h1) 2:13.47,

1500 inne G16 9 4:49.38

**Fredriksen, Mats Nytnun** (27.5.2002)

**2019** 2000 hinder G17 DNF, 800 inne G17 5 (2h1) 2:06.32, 1500

inne G17 6 4:28.61, 4x200 inne G15-17 4 1:41.04

**Fredriksen, Sindre** (16.1.2003)

**2019** 800 G16 6 (6h3) 2:02.90, 3000 G16 11 9:32.30, 1500

hinder G16 10 4:54.56, 800 inne G16 4 (4h2) 2:05.32, 1500 inne

G16 3 4:23.33, 2km terreng G16 3 5:24, 4km terreng G16 7

13:18

**Fredriksen, Terje** (2.1.1970)

**2019** Terrengultra 9 6:03:15

**Fredriksson, Samuel Nils Andreas** (1.10.1979)

**2019** 24 timer ultra 50 100.464

**Fremo, Thomas** (12.6.1988)

**2019** 10000 6 (6h2) 30:09.90

**Fremstad-Waldron, Per Tinus** (25.9.2000)

**2019** 60 inne G18/19 s2 DNS, 1h3 7.17

**Fremstad-Waldron, Theodore Einar** (18.7.2002)

**2019** 1000 stafett U20 6 2:03.58, 100 G17 4h3 11.91, 200 G17

5h2 24.29, 1000 stafett G17-19 5 (5h2) 2:05.35, 60 inne G17

5h1 7.73, 200 inne G17 3h2 24.49, Lengde inne G17 NM, 4x200

inne G18-22 2 1:32.48

**Frenay, Milan** (25.5.2003)

**2019** 800 G16 14 (2h1) 2:06.96, 3000 G16 16 9:38.17

**Fridriksson, Gardar Johann Rochman F.** (8.2.1994)

**2019** Spyd 7 58.54

**Frisvold, Ole Emil** (29.8.1994)

**2019** 24 timer ultra 42 111.930

**Frøystein, Torgrim** (13.2.2004)

**2019** Høyde G15 4 1.71

**Fuglerud, Hans Petter** (21.10.1975)

**2019** Terrengultra 54 8:18:47

**Fuglesteg, Håvard** (26.3.1981)

**2019** Motbakke 52 57:26

**Fuglestrand, Petter Overland** (23.1.2001)

**2019** Høyde G18/19 6 1.70, Tresteg G18/19 7 11.62, 1000

stafett G17-19 10 (5h1) 2:15.55, Høyde inne G18/19 NM,

Lengde inne G18/19 NM, Tresteg inne G18/19 6 11.89

**Fuglstad, Andreas Peters** (7.1.2002)

**2019** Diskos G17 4 35.73, Slegge G17 3 37.17

**Fundingsrud, Morten Klepp** (9.7.1974)

**2019** Terrengultra 51 7:58:38

**Færø, Halfdan-Emil** (7.6.1991)

**2019** 5000 20 (7h2) 15:00.16, 3km terreng 14 7:49, 1x6km

terrengstafett 10 15:12, Halvmaraton 4 1:08:56, 10km terreng 7

30:47

**Føllesdal, Kristoffer** (31.12.1986)

**2019** Motbakke 56 59:12

**Førland, Ronny** (23.7.1972)

**2019** Maraton 24 3:48:43

**Førde, Jørgen André** (16.7.2000)

2019 800 inne G18/19 14 (5h1) 2:11.74

G

**Gagnås, Kjetil Brenno** (9.5.2000)

2019 800 h1 DNS, 800 inne 4 (1h2) 1:55.17, 1500 inne 11 (4h2) 4:04.77, 400 inne G18/19 1 (1h3) 50.53, 800 inne G18/19 1 (1h3) 1:55.07, 1500 inne G18/19 1 4:00.79

**Galåen, Johannes Edelsønn** (15.5.2003)

2019 800 G16 17 (6h2) 2:08.81, 3000 G16 9 9:17.33, 1500 hinder G16 6 4:35.08

**Galaaen, Øistein Schmidt** (22.2.1976)

2019 24 timer ultra 13 166.787

**Garvik, Gudmund André** (4.1.2004)

2019 60 inne G15 5s1 7.84, 4h4 7.91, 200 inne G15 3h1 25.83

**Gaustad, Steffen Peder** (12.3.2000)

2019 Lengde inne G18/19 10 5.95, Tresteg inne G18/19 4 12.64

**Gebrehiwet, Haben Brhane (ERI)** (11.6.1991)

2019 800 6h2 1:56.92, 10000 h1 DNF, 1x6km terrengstafett 11 15:25, 10km terreng 23 32:35

**Gebremedhin, Milion Angesom (ERI)** (12.7.2001)

2019 1x6km terrengstafett 17 16:47, 2km terreng U20 16 5:57

**Ghebrehiwet, Nahom Kibreab** (14.11.2001)

2019 400 G18/19 18 (5h1) 55.35, 800 G18/19 15 (5h1) 2:00.65, 400 inne G18/19 9 (3h1) 54.08, 800 inne G18/19 11 (3h1) 2:04.02

**Gimnes, Simen** (22.8.2003)

2019 Lengde G16 9 5.57w, Tresteg G16 2 12.74w, Høyde inne G16 6 1.60, Lengde inne G16 11 5.08, Tresteg inne G16 3 11.96

**Gissinger, Olav Kvåle** (14.2.2000)

2019 100 G18/19 8 11.40w, 2h2 11.38w, 400 hekk G18/19 4 57.46, Lengde G18/19 8 6.17, 200 inne G18/19 5 23.03 2h5 22.79, 60 hekk inne G18/19 8 8.77, 3h1 8.68, Lengde inne G18/19 7 6.00, Kule inne G18/19 7 8.64

**Gjerdal, Kjell Gunnar** (12.8.1978)

2019 Terrengultra 44 7:45:38

**Gjerdal, Thomas** (28.12.1976)

2019 Terrengultra 62 9:51:53

**Gjerde, Viljar Helgestad** (29.3.2000)

2019 Tresteg 3 14.34, Lengde U20 4 6.67, 12q 6.31, Tresteg U20 1 14.55, Lengde G18/19 3 6.70, Tresteg G18/19 1 14.86, Tresteg inne G18/19 1 14.47

**Gjerde, Vincent Samuel** (23.9.2004)

2019 800 G15 9 (8h2) 2:11.05, 2000 G15 17 6:23.22, 800 inne G15 5 (1h1) 2:17.77, 1500 inne G15 5 4:58.30

**Gjerstad, Magnus** (2.12.2000)

2019 5000 28 (15h2) 15:28.04, 10000 37 (19h1) 32:35.15, 5000 U20 DNF, 6km terreng U20 DNF, 3000 G18/19 12 9:00.68, 2000 hinder G18/19 3 6:24.87

**Gjesdal, Sondre Lindaas** (19.5.1998)

2019 100 U23 3h3 11.32, 200 U23 3h2 22.57

**Gjessing, Geir** (10.1.1994)

2019 10km terreng 36 34:08

**Gjønnnes, Trond Steinar** (9.5.1994)

2019 3km terreng 30 8:26 6:38:51

**Gjøystdal, Eivind Eilevstøl** (7.2.1979)

2019 Terrengultra 26

**Glad, Markus** (4.5.2001)

2019 Motbakke 74 62:25

**Glesnes, Nils-Einar Berget** (2.11.1984)

2019 Maraton 20 3:37:49

**Glomnes, Eskil Linge** (24.1.2002)

2019 Motbakke 54 58:15

**Glomnes, Ivar Mattias Linge** (24.6.1996)

2019 10000 27 (9h1) 31:37.59, 3km terreng 18 7:56, 1x6km terrengstafett 5 14:54, Motbakke 15 48:55, 10km terreng 27 33:06

**Glomnes, Kornelius Linge** (24.9.1998)

2019 Motbakke 44 56:32

**Glomnes, Magne Eivind** (16.2.1966)

2019 Motbakke 53 57:41

**Gløgård, Christian** (22.5.1969)

2019 Motbakke 97 70:19

**Graftås, Thomas** (12.9.2001)

2019 100 U20 4s1 11.52, 2h6 11.48, 200 U20 5s1 23.18, 3h2 23.15, 1000 stafett U20 2 1:58.15, 100 G18/19 4h2 11.45w, 1000 stafett G17-19 5 (5h2) 2:05.35, 60 inne G18/19 5 7.20, 4s1 7.22, 2h2 7.22, 200 inne G18/19 4 22.95, 1h5 22.51, 4x200 inne G18-22 2 1:32.48

**Granheim, Jakob** (5.4.2001)

2019 800 inne G18/19 12 (4h2) 2:04.88

**Gressløs, Benjamin** (4.12.2002)

2019 Spyd U20 7 53.76, Spyd G17 2 55.60

**Grieg, Per-Christian Færøvik** (8.5.2000)

2019 Motbakke 9 46:50

**Grimerud, Andreas** (11.7.2003)

2019 800 U20 5h2 2:02.10, 1000 stafett U20 5 2:02.47, 800 G16 19 (10h3) 2:09.18, 800 inne G16 8 (3h1) 2:08.43, 1500 inne G16 6 4:28.63

**Grimsby, Sondre Marthin Matheson** (19.5.2003)

2019 1000 stafett G15/16 DNF, 60 inne G16 7h1 7.83, Tresteg inne G16 9.56, 4x100 G16 DNF

**Grimstad, Simon Holstad** (8.2.1999)

2019 200 inne 3h5 23.17, 400 inne 2h1 51.08, 60 inne G20-22 4 7.16, 2h2 7.23, 200 inne G20-22 3h1 23.01, 400 inne G20-22 4 51.40, 4x200 inne G18-22 3 1:32.64

**Grindedal, Kristoffer Janson** (12.5.1989)

2019 800 9h2 1:59.77

**Grinden, Marius** (11.2.1991)

2019 Slegge 7 55.89

**Grude, Kjell Enok** (1.4.1950)

2019 Maraton 28 4:22:55

**Grytten, Ole Mathias Rosenberg** (15.2.1989)

2019 Motbakke 75 62:35

**Grytten, Steffen Rosenberg** (3.3.1984)

2019 Motbakke =48 57:11, 24 timer ultra 36 131.040

**Grøm, Didrik** (24.4.2002)

2019 60 inne 6h3 7.23, 200 inne 3h3 23.37, 100 U20 4 11.17, 1s1 11.28, 1h3 11.14, 200 U20 6s2 23.84, 2h1 23.12, 100 G17 =3 11.02w, 1h2 11.09, 200 G17 4 22.87w, 2h2 23.46, 1000 stafett G17-19 7 (2h1) 2:07.24, 60 inne G17 DQ:R162.6, 1h3 7.19, 200 inne G17 2 22.80, 1h3 22.89

**Grønnevig, Ørjan** (14.2.1991)

2019 5000 h1 DNF, Halvmaraton 9 1:16:51, 10km terreng 47 35:23

**Grønstad, Tobias** (6.7.2002)

2019 800 5 1:52.17, 4h1 1:53.13, 1500 11 4:02.52, 2h1 4:06.80, 1500 inne 12 (1h1) 4:07.24, 3000 inne 14 (5h1) 8:59.13, 800 U20 3 1:53.30, 2h2 2:00.08, 1500 U20 1 3:56.56, 1h1 4:05.87, 1000 stafett U20 6 2:03.58, 400 G17 3 (3h2) 51.43, 800 G17 1 1:54.61, 3000 G17 1 9:05.74, 2km terreng G17 2 5:11

**Grønsund, Jørgen** (26.7.1985)

2019 Halvmaraton 13 1:18:15

**Grønås, Magnus** (30.3.1977)



2019 Maraton 26 4:06:27

**Gulaker, Sebastian Busterud** (7.11.2000)

2019 Slegge U20 6 49.78

**Gulbrandsen, Kenneth Vik** (25.5.1997)

2019 100 6h3 11.14, 200 5h3 22.34, 1000 stafett 2 1:54.72, 60 inne 4s1 7.05, 2h1 7.03, 200 inne 2h1 22.85, 4x100 stafett 3 43.28, 100 U23 h2 DNF

**Gullachsen, Fredrik Haavadtun** (23.4.2003)

2019 60 inne G16 4h1 7.58, 800 inne G16 1 (1h2) 2:01.72

**Gundersen, Anders** (17.7.2002)

2019 800 inne G17 1 (1h2) 2:01.04, 1500 inne G17 1 4:17.75

**Gundersen, Emil** (28.5.2004)

2019 100 hekk G15 1 14.58, 300 hekk G15 2 (2h2) 41.60, Lengde G15 1 5.83, 60 inne G15 8 7.79, 4s1 7.72, 2h3 7.72, 200 inne G15 h5 DNS, 60 hekk inne G15 2 8.78, Lengde inne G15 5 5.49, 5q 5.32

**Gundersen, Erik Tangen** (5.2.2001)

2019 1x6km terrengstafett 6 14:56, 5000 U20 10 16:09.66, 2km terreng U20 3 5:08, 6km terreng U20 13 19:49, 800 G18/19 17 (7h1) 2:01.32, 3000 G18/19 9 8:55.75

**Gundersen, Nikolai Magnus** (28.11.2003)

2019 1500 U20 12h1 4:21.34, 5000 U20 13 16:17.81, 3000 G16 6 9:15.05, 2km terreng G16 5 5:29, 4km terreng G16 6 13:16

**Gundersen, Yngve** (???.???.???)

2019 Terrengultra 59 9:04:32

**Gunnarsson, Michael Alexander** (27.8.1970)

2019 Motbakke 77 63:15

**Guttormsen, Simen** (19.1.2001)

2019 Stav 4 5.00, 60 hekk inne 3 9.02, Stav inne 3 5.10, 7-kamp inne U20 3 4.760, 60 hekk inne G18/19 6 8.70, 3h2 8.70, Stav inne G18/19 1 5.10

**Guttormsen, Sondre Mogens** (1.6.1999)

2019 110h 2 14.66, Stav 1 5.50

**Gyedu, Samuel** (1.5.1994)

2019 100 6h4 11.15, 200 8h4 23.20, 4x100 stafett 3 43.28

**Gylland, Lars Erik** (11.2.1978)

2019 24 timer ultra 25 151.788

**Gøthesen, Øystein Johannes** (5.7.1972)

2019 Halvmaraton 21 1:23:57

**Gåsvær, Ola Martin Torgrimsson** (15.7.1998)

2019 3000h 4 9:27.04, 3000 hinder U23 3 9:23.44

H

**Haddon, Erik Hans Edward (SWE)** (25.6.2003)

2019 3000 G16 19 9:46.91, 1500 hinder G16 9 4:50.15

**Haflan, Morten Krona** (31.3.2001)

2019 6km terreng U20 23 21:40

**Hagen, Jan Roger** (16.2.1987)

2019 Motbakke =50 57:20

**Hagen, Mats Rognhaug** (12.8.2002)

2019 60 inne G17 6h1 7.88, 200 inne G17 4h2 25.65

**Hagen, Sondre Zahl** (31.7.2002)

2019 4km terreng G17 13 14:01

**Haile, Tedros Gebretensai (ERI)** (30.1.1999)

2019 1500 inne 14 (6h2) 4:08.17, 3km terreng 19 7:56, 1x6km terrengstafett 8 15:02, 10km terreng DNF, 1500 U23 7 3:58.35, 5000 U23 4 15:02.83

**Halfdansen-Aspen, Eirik** (10.3.2004)

2019 Kule G15 3 13.44, Diskos G15 2 51.37, Spyd G15 6 40.81, 1000 stafett G15/16 6 2:10.1, Kule inne G15 4 12.84

**Halonen, Jonas Tapani** (18.1.1995)

2019 60 inne 5 6.90, 2s3 6.89, 1h3 6.94

**Halvorsen, Eirik Bjørk** (8.12.2004)

2019 2000 G15 15 6:20.32

**Halvorsen, Trond Olav** (2.3.2003)

2019 2km terreng G16 7 5:36

**Hammerstad, Brage Buseth** (1.4.2002)

2019 4km terreng G17 10 13:42

**Haneberg, Tor Helge** (19.3.1960)

2019 Halvmaraton 26 1:26:56

**Hangstad, Haakon Andreas** (17.2.2002)

2019 800 inne G17 7 (4h2) 2:08.74, 1500 inne G17 DNF

**Hansen, Hallgeir** (9.7.1955)

2019 Terrengultra 48 7:56:01, Maraton 19 3:36:40

**Hansen, Morten** (24.8.1959)

2019 10km terreng 29 33:20

**Hansen, Simen Sebastian** (30.4.2000)

2019 1000 stafett 7 2:01.57, Diskos U20 8 36.95, 7-kamp inne U20 5 4.184, Spyd G18/19 7 41.57, 400 inne G18/19 8 (2h1) 53.91, 60 hekk inne G18/19 5h1 9.06, Lengde inne G18/19 9 5.97, Kule inne G18/19 5 11.04

**Hansen, Terje** (3.9.1953)

2019 Terrengultra 55 8:24:10

**Hanssen, Henrik** (8.8.1997)

2019 1500 10 4:00.06, 6h1 4:07.84, 800 U23 2 1:55.75, 1500 U23 4 3:55.01

**Hanssen, Johan Chistian Deighan** (22.5.1986)

2019 5000 23 (10h2) 15:04.21

**Hansteen, Cato Martin** (6.5.1983)

2019 Maraton 18 3:35:54, 24 timer ultra 33 150.150

**Hanstveit, Birger Normann** (26.10.1943)

2019 Motbakke 193 72:54

**Harestad, Børge** (21.4.1980)

2019 Halvmaraton 29 1:27:40

**Harestad, Oscar Alm** (27.4.2000)

2019 400 inne 3h3 51.44, 4x400 stafett 1 3:20:51, 4x400 stafett mixlag 1 3:39.1

**Harris-Christensen, Thomas** (5.5.2002)

2019 100 G17 5h2 11.99, 200 G17 7h2 24.77

**Hatlen, Knut Anders** (2.11.1980)

2019 Motbakke 40 55:56

**Hauane, Alfred** (24.12.2001)

2019 1000 stafett 5 1:59.11, 1x6km terrengstafett 16 16:46, 200 U20 6h2 23.98, 1000 stafett U20 3 1:59.66, 4x400 stafett U20 1 3:24.30, 1000 stafett G17-19 3 (3h2) 2:01.96, 60 inne G18/19 7s2 7.46, 5h2 7.48, 200 inne G18/19 2h1 23.28, 400 inne G18/19 3 (1h2) 51.57, 60 hekk inne G18/19 7 8.72, 4h2 8.76

**Hauen, Esten Hansen-Møllerud** (22.5.2003)

2019 800 U205h3 2:01.56, 1500 U20 8h1 4:11.10, 5000 U20 8 15:41.13, 800 G16 7 (7h1) 2:03.36, 3000 G16 3 8:55.07, 1500 hinder G16 1 4:25.13, 4x600 G16 3 6:04.34, 4km terreng G16 1 12:35

**Haug, Aleksander** (18.7.2002)

2019 4x100 mixlag U20 2 45.69, 200 G17 4h2 24.29, 1000 stafett G17-19 6 (1h1) 2:05.98

**Hauge, Lars Petter** (16.11.1987)

2019 Motbakke 72 61:56

**Hauge, Mats** (24.3.1993)

2019 1500 DNF, 3h1 4:07.08, 1500 inne 5 (5h3) 3:51.59, 3000 inne h2 DNF, 3km terreng 2 7:29, 1x6km terrengstafett 1 14:05

**Haugen, Arvid** (7.7.1991)

2019 24 timer ultra 1 241.914

**Haugen, Inge Asbjørn** (27.4.1953)

2019 Maraton 32 4:42:47

**Haugene, Anders Skeie** (6.5.2004)

2019 2km tereng G15 4 5:55

**Haugland, Finn-Ole** (3.2.1952)

2019 Motbakke 98 70:49

**Haugstad, Erlend Andreas** (22.4.1975)

2019 Terrengultra DNF

**Haukland, Erlend** (27.5.1980)

2019 Terrengultra 39 7:29:17

**Haukøy, Hans-Magnus** (31.7.2001)

2019 800 7h1 1:55.18, 1000 stafett 6 2:00.93, 1500 U20 12 4:02.46, 3h1 4:07.61

**Haukøy, Jon-Anders** (27.10.2004)

2019 800 G15 15 (7h1) 2:13.71, 2000 G15 16 6:20.36, 1000 stafett G15/16 1 2:05.1, 4x100 G16 3 47.30, 4x600 G16 1 6:03.76

**Havn, Olav** (2.4.1998)

2019 4x100 stafett 2 43.03

**Heggelund, Fredrik Klakken** (10.6.2003)

2019 100 G16 7 11.56, 4s1 11.50, 1h4 11.56w, 200 G16 7s1 24.64, 4h2 24.49

**Heggeriset, Jon Erik** (26.5.2003)

2019 4x600 G16 3 6:04.34

**Heggøy, Thomas Myklebust** (25.5.1994)

2019 800 inne 3 (3h3) 1:54.90

**Hegseth, John Marius** (23.7.1989)

2019 Terrengultra 17 6:18:20

**Heiertz, William Møystad** (21.2.2001)

2019 4x100 stafett U20 1 44.14

**Heiervang, Linus Degland** (24.5.2004)

2019 4x600 G16 5 6:15.22

**Heldal, Teodor** (8.10.2004)

2019 Høyde U20 =6 1.75, Høyde G15 2 1.77, Tresteg G15 1 12.92, Høyde inne G15 2 1.77, Tresteg inne G15 2 12.25

**Helgheim, Sebastian** (5.9.2002)

2019 3000 G17 4 9:12.48

**Helland, Jonathan Heltne** (6.7.2004)

2019 200 G15 6h2 26.29

**Heimstad-Geertsen, Noa** (24.7.2003)

2019 1000 stafett G15/16 DQ:R170.7

**Helland, Kjartan** (14.8.1986)

2019 Terrengultra 18 6:19:01

**Hellebostad, Ottar Frøysa** (10.2.1999)

2019 Motbakke 38 55:37

**Hellerdal, Jan Erik** (28.11.1952)

2019 Halvmaraton 41 1:40:53

**Henriksen, Eivind Prestegård** (14.9.1990)

2019 Slegge 1 76.86

**Henriksen, Marcus** (7.11.2002)

2019 100 U20 4h611.94, Spyd U20 3 59.47, 100 G17 3h1 11.72w, 200 G17 5h3 24.37, Spyd G17 3 53.78, 1000 stafett G17-19 6 (1h1) 2:05.98

**Herdlevær, Mathias Myrmel** (1.10.2003)

2019 Stav U20 NM, 100 hekk G16 DNF, Stav G16 NM, 7-kamp inne G16 3 3.009, 10-kamp G16 2 3.772

**Hermansen, Daniel** (1.1.2003)

2019 1000 stafett U20 7 2:09.18, 800 G16 27 (8h1) 2:13.93, 1000 stafett G17-19 9 (4h1) 2:12.88, 800 inne G16 6 (1h1) 2:07.76, 1500 inne G16 7 4:31.36, 2km tereng G16 10 5:53

**Hernes, Ådne Nesje** (8.4.2002)

2019 3000 G17 11 9:30.29, 2000 hinder G17 4 6:40.98, 2km tereng G17 12 5:51

**Herstad, Are** (26.3.1964)

2019 Halvmaraton 37 1:36:20

**Hexeberg, Trym Fjøsne** (28.3.2003)

2019 1500 hinder G16 8 4:42.72

**Hilleren, Jon-Henning Gullbrå** (17.7.2002)

2019 200 U20 6h324.35, 400 U20 5h1 53.16, 200 G17 6h3 24.87, 400 G17 5 (4h2) 53.88, 800 G17 5 2:05.02, 1000 stafett G17-19 8 (3h1) 2:07.80, 60 inne G17 5h2 7.81, 200 inne G17 2h1 23.88, 400 inne G17 3 54.14

**Himo, Petter Strømhylden** (4.5.2004)

2019 Lengde inne G15 q NM, Kule inne G15 14 9.79

**Hir, Abduljaleel Mohamoud Ismale** (22.9.1995)

2019 3000h 1 8:53.52, 1500 inne 1 (1h3) 3:50.42

**Hisdal, Erling** (21.3.1983)

2019 Motbakke 10 46.56

**Hjelle, Nils Petter** (15.1.1961)

2019 24 timer ultra 28 151.242

**Hjelmeland, Kristoffer Ohnstad** (2.11.1991)

2019 10000 33 (15h1) 31:59.91

**Hjelmen, Bjarte** (17.11.1973)

2019 Maraton 13 3:22:34

**Hjelmeset, Lars Agnar** (18.8.2001)

2019 5000 25 (12h2) 15:19.30, 3000h 6 9:43.30, 5000 U20 5 15:06.22, 3000 hinder U20 1 9:31.28, 6km tereng U20 9 19:13

**Hjeltnes, Marius Bull** (22.6.1996)

2019 Lengde 5 7.09, Lengde inne 4 7.35, Tresteg inne 3 14.66

**Hjertvik, Knut Jonny** (25.5.1990)

2019 Halvmaraton 7 1:14:09

**Hjort-Larsen, Mads Gravråk** (8.1.2003)

2019 4x400 stafett U20 3 3:51.67, 800 G16 12 (3h2) 2:05.99, 1000 stafett G15/16 6 2:10.1, 4x600 G16 2 6:04.31

**Hjorthaug, Asgeir Peder Lorentzen** (16.6.1974)

2019 Terrengultra 42 7:36:36

**Hjørnevik, Mats Rosland** (24.1.2003)

2019 100 G16 4h3 11.76, 200 G16 5h3 24.96, 400 hekk G16 7 44.58

**Hoel, Lars Anders** (25.7.1991)

2010 Motbakke 41 56:06

**Hoelgaard, Stian** (25.9.1991)

2019 10km tereng 28 33:09

**Hoff, Oscar Sebastian Sederholm** (15.5.2003)

2019 Kule U20 8 12.95, 6q 13.05, Kule G16 4 14.70, Diskos G16 7 36.16, Slegge G16 4 40.43, Kule inne G16 2 13.56

**Holdhus, Filip** (3.5.2004)

2019 100 G15 5s2 11.99, 3h1 12.13, 200 G15 8 24.58w, 3h3 24.96, 1000 stafett G15/16 1 2:05.1, 4x100 G16 3 47.30, 4x600 G16 1 6:03.76

**Hole, Iver Systnes** (6.9.2003)

2019 Motbakke 27 53:35

**Hole, Oliver** (4.5.2004)

2019 800 G15 17 (8h1) 2:16.91, 2000 G15 19 6:27.66

**Holm-Olsen, Erling** (18.12.1973)

2019 24 timer ultra 17 155.064

**Holmberg, Henrik Johan Fjærestad** (23.9.1989)

2019 110h 3 14.76, Høyde 4 1.95, Lengde 11 6.49

**Holmboe, Nikolai Eide** (8.3.2002)

2019 3000 G17 6 9:13.29

**Holvik, Simen** (6.3.1977)

2019 Maraton 8 2:56:18

**Homane, Marcus Krishna** (19.8.2002)  
**2019** 1000 stafett G17-19 11 (6h1) 2:16.80

**Homstad, Jørgen** (31.7.2002)  
**2019** 60 inne G17 2 7.18, 2h3 7.21, 200 inne G17 DNS, 1h2 23.22

**Hopland, Kristoffer** (7.7.2003)  
**2019** 800 G16 10 (8h3) 2:05.68, 1000 stafett G15/16 2 2:06.0

**Horpestad, Arne** (3.2.1949)  
**2019** Halvmaraton 38 1:36:54, Maraton 27 4:12:06

**Hovdejord, Vebjørn** (9.2.2003)  
**2019** 2km terreng G16 4 5:24

**Hovig, Ulrik Strømmen Røstad** (5.7.1990)  
**2019** 1500 8h1 4:09.91

**Hovland, Sebastian Røed** (27.11.2004)  
**2019** Stav G15 6 2.90, Lengde G15 9 4.96, Tresteg G15 8 11.03, 60 inne G15 7h2 8.36, Stav inne G15 4 2.70, Lengde inne G15 12 4.85, 9q 5.04, Tresteg inne G15 7 10.44

**Hovlandsdal, Erik** (18.6.1989)  
**2019** 1500 inne h3 DNF

**Hudak, Attila** (18.6.1983)  
**2019** Halvmaraton 25 1:26:45

**Hult, Frode** (3.4.1974)  
**2019** Terrengultra 61 9:36:47

**Husa, Elias Amsrud** (3.6.2004)  
**2019** 2000 G15 11 6:09.74

**Husby, Endre Engtrø** (10.5.2003)  
**2019** 3000 G16 17 9:39.87

**Hustad, Tinius** (3.2.2004)  
**2019** Diskos G15 14 29.60, Spyd G15 5 43.52

**Hytten, Øystein Solheim** (7.1.2004)  
**2019** Kule G15 2 14.28, Diskos G15 3 47.82, Slegge G15 1 55.07, Spyd G15 9 38.38

**Høgbakk, Elias Nikolai Veseth** (14.7.2004)  
**2019** 4km terreng G15 12 16:04

**Høsøien, Jakob** (21.4.2002)  
**2019** 4km terreng G17 =8 13:23

**Høyland, Sondre Alexander** (20.5.1998)  
**2019** Spyd NM, 60 hekk inne 4 9.27, Kule inne 3 13.17, Høyde uten tilløp 2 1.55, Lengde uten tilløp 6 3.05, Spyd U23 NM

**Høyset, Mats** (2.6.1974)  
**2019** 24 timer ultra 10 182.364

**Haaheim, Lars Olaf** (19.12.1973)  
**2019** Terrengultra 2 5:33:44

**Håland, Sveinung Solli** (27.7.1968)  
**2019** Terrengultra 50 7:57:37

**Håvoll, Andreas Larsen** (18.6.1982)  
**2019** Motbakke 93 67:33

**I**

**Iden, Andreas** (16.7.1994)  
**2019** 5000 22 (9h2) 15:02.03, 10000 20 (16h2) 31:04.13

**Inayat, Shezad** (10.8.1970)  
**2019** Terrengultra 60 9:17:53

**Inayat, Soban Mortaza** (30.7.1997)  
**2019** 100 5h3 11.12, 100 U23 3h1 10.96, 200 U23 4 22.02 1h1 22.72, 1000 stafett U23 2 2:00.17, 60 inne G20-22 4h2 7.42

**Ingdahl, Torjus** (19.11.2004)  
**2019** 800 G15 13 (5h1) 2:13.23, 60 inne G15 6h2 8.14, 200 inne G15 4h3 26.69, 800 inne G15 7 (3h1) 2:21.12

**Ingebrigtsen, Filip** (20.4.1993)  
**2019** 800 1 1:48.45, 1h1 1:51.63

**Ingebrigtsen, Henrik** (24.2.1991)  
**2019** 5000 1 (1h1) 13:50.77, 10km terreng 1 30:01

**Ingebrigtsen, Jakob** (19.9.2000)  
**2019** 1500 1 3:36.33, 1h1 4:02.01

**Ingebrigtsen, Marius** (3.9.2002)  
**2019** 1500 U20 9h1 4:12.37, 800 G17 2 1:58.27, 2km terreng G17 3 5:15

**Ingvaldsen, Håvard Bentsdal** (21.9.2002)  
**2019** 400 5h1 50.60, 400 inne 4h3 52.66, 4x200 stafett inne 3 1:31.28, 400 U20 5 50.72, 1h2 50.64, 1000 stafett U20 5 2:02.47, 4x400 mixlag U20 1 3:39.43, 200 G17 3h1 23.97, 400 G17 1 (1h2) 50.21

**Ingvaldsen, Magnus Bentsdal** (31.7.2000)  
**2019** 1000 stafett 1 1:54.41, 400 inne 3h2 51.61, 200 U20 4s2 23.01, 1h4 22.85, 1000 stafett U20 5 2:02.47, 4x400 mixlag U20 1 3:39.43, 200 G18/19 s2 DNS, 3h3 23.85, 400 G18/19 12 (5h2) 51.90

**Instebø, Tore** (24.2.1972)  
**2019** Motbakke 55 58:51

**Irgens, Sondre** (14.3.2003)  
**2019** 4km terreng G16 11 14:12

**Isene, Ola Stunes** (29.1.1995)  
**2019** Kule NM, Diskos 1 63.17, Lengde uten tilløp 2 3.27

**Iversen, Thord Flatebø** (1.1.2003)  
**2019** 100 U20 6h1 12.27, 200 U20 5h5 24.28, 100 G16 6h2 12.03, 200 G16 5h1 24.99, 400 hekk G16 4 42.36, 1000 stafett G15/16 7 2:10.8, 60 inne G16 5h3 7.64, 200 inne G16 6 24.06, 2h1 23.71, Lengde inne G16 7 5.33, 4x200 inne G15-17 2 1:38.61, 4x100 G16 1 46.15, 4x600 G16 4 6:13.12

**J**

**Jacobsen, Daniel Lundegaard** (30.12.1998)  
**2019** 1500 inne 16 (7h2) 4:10.03, 3000 inne 16 (7h1) 9:03.44, 5000 U23 DNF, 3000 hinder U23 DNF

**Jacobsen, Jonathan Adrian T.** (16.7.1999)  
**2019** 400 4 49.66, 3h1 49.36, 400 U23 3 49.62, 2h2 50.99

**Jacobsen, Theodor Berre** (23.5.2001)  
**2019** 6km terreng U20 16 19:54, 800 G18/19 6 (6h2) 1:57.84, 3000 G18/19 13 8:02.21, 800 inne G18/19 5 (1h2) 2:00.83, 1500 inne G18/19 6 4:13.44

**Jahr, Frederik** (1.6.1991)  
**2019** Høyde 3 2.00, Høyde inne 1 2.00

**Jahre, John Frisli** (1.11.1988)  
**2019** 24 timer ultra 14 165.555

**Jahren, Sondre** (2.2.2004)  
**2019** Diskos U20 4 42.85, Kule G15 1 15.27, Diskos G15 1 62.53, Kule inne G15 1 14.96

**Jallow, Nickolai Alieu** (3.4.1991)  
**2019** 200 s1 DNF, 3h1 22.11, 60 inne 7 6.99, 3s2 6.95, 1h5 6.98

**Jensehaugen, Carl August** (1.2.2004)  
**2019** 2km terreng G15 7 5:59

**Jensen, Didrik Røssum** (24.2.2003)  
**2019** 3000 G16 8 9:16.41, 1500 hinder G16 7 4:35.47, 4km terreng G16 4 13:11

**Jensen, Jesper** (1.7.2001)  
**2019** 200 G18/19 7h2 24.97, 400 G18/19 21 (7h1) 56.56, 400 hekk G18/19 5 64.02, 1000 stafett G17-19 8 (3h1) 2:07.80, 60 inne G18/19 6h1 7.68, 200 inne G18/19 4h4 24.47, 400 inne G18/19 11 (4h1) 55.34

**Jensen, Joar Flynn** (10.8.1965)  
**2019** 24 timer ultra 57 73.710

**Jensen, Martin Røland** (22.3.2003)  
**2019** 400 hekk U20 5 59.71, 800 G16 h2 DNS

**Jensen, Nikolai Einvik** (12.5.2004)  
**2019** 2km terreng G15 11 6:20

**Jensen, Peter** (31.7.1978)  
**2019** 24 timer ultra 8 187.325

**Jenssen, John-Esben** (1.4.1970)  
**2019** 24 timer ultra 45 110.838

**Johannessen, Kim** (???.???)  
**2019** Terrenkultra 23 6:30:39

**Johannessen, Ola Daniel** (4.2.2003)  
**2019** 4km terreng G16 9 13:38

**Johannessen, Patrick Bjørkhaug** (21.4.2000)  
**2019** 100 G18/19 7 11.31w, 3h2 11.41w

**Johannessen, Per Bucher** (11.5.2002)  
**2019** Tresteg NM, Tresteg inne 1 15.02

**Johannessen, Stian Benjamin Bråten** (26.7.1995)  
**2019** Halvmaraton 15 1:19:11

**Johansen, André Gonstad** (7.9.1982)  
**2019** 24 timer ultra 30 150.150

**Johansen, August Østbø** (12.8.2004)  
**2019** 60 inne G15 60 inne G15 8h1 8.28, 200 inne G15 4h4 27.02

**Johansen, Frode** (16.10.69)  
**2019** Terrenkultra 30 7:01:22

**Johansen, Harald Lund** (18.7.2001)  
**2019** 200 G18/19 5h1 25.04, 400 G18/19 19 (7h2) 53.49, 200 inne G18/19 3h5 24.26, 400 inne G18/19 5 (2h2) 51.76

**Johansen, Iver Wang** (18.2.2000)  
**2019** 5000 U20 15 16:23.07, 6km terreng U20 12 19:39

**Johansen, Karl Johan** (1.10.1955)  
**2019** Maraton 33 4:51:27

**Johansen, Ken-Tony** (7.11.1991)  
**2019** 1500 inne 23 (8h1) 4:25.34, 3000 inne 19 (10h1) 9:28.04

**Johansen, Mathias Hove** (27.9.1998)  
**2019** 100 2 10.39w, 2s2 10.61, 1h2 10.76, 200 1 21.27, 1s2 21.57, 2h1 21.95, 1000 stafett 3 1:57.35, 4x200 stafett inne 1 1:29.11, 4x100 stafett 1 41.81, 4x400 stafett 1 3:20:51, 4x100 stafett mixlag 1 44.14, 100 U23 1 10.641h1 10.83, 200 U23 3 21.99, 1h3 21.39

**Johansen, Petter** (2.4.1998)  
**2019** 10000 32 (14h1) 31:58.73, 4x1500 stafett DNF, 5000 U23 3 14:55.05

**Johansen, Tobias** (22.8.2003)  
**2019** 800 G16 8 (1h1) 2:05.29, 400 hekk G16 3 41.63

**Johnsen, Daniel Alejandro** (19.8.1998)  
**2019** 100 5 10.75w, 3s1 10.80, 2h4 10.79, 200 5s1 21.87, 4h3 21.92, 60 inne 5s1 7.11, 3h1 7.08, 200 inne 2h3 22.65, Lengde uten tilløp 10 2.86, 100 U23 DQ:R162.6, 1h2 10.81, 200 U23 1 21.50, 2h3 21.90, 60 inne G20-22 2 7.08, 1h2 7.12, 200 inne G20-22 3 22.75, 2h2 22.56

**Johnsen, Ludvik Iver Bredvold** (8.7.2004)  
**2019** Stav G15 4 3.10, Diskos G15 NM, Slegge G15 9 26.04

**Johnson, Kristoffer** (18.6.2003)  
**2019** 1500 hinder G16 11 5:03.10

**Jonassen, Svein Inge** (9.5.1970)  
**2019** Halvmaraton 23 1:24:41, Maraton 12 3:17:20

**Jubskås, Mathias Teferra** (3.12.2003)  
**2019** 4x100 G16 2 47.23

**Juven, Sivert** (4.3.2003)  
**2019** 1500 U20 14h2 4:25.80, 800 G16 16 (5h2) 2:07.99, 3000 G16 14 9:35.52, 4km terreng G16 DNF

**Juven, Sondre** (17.4.1999)

**2019** 800 7 1:54.11, 4h2 1:55.03, 800 inne 5 (4h3) 1:56.34, 1500 inne 4 (4h3) 3:51.21, 10km terreng 46 34:59

**Jørgensen, Kasper Kjær** (20.5.2003)  
**2019** 4x400 stafett U20 3 3:51.67, 4x600 G16 2 6:04.31

**Jørgensen, Sander Kaas Munthe** (17.1.2003)  
**2019** 100 G16 7s2 11.79, 3h1 11.68w, 200 G16 6h4 25.39, 1000 stafett G15/16 DQ:R170.7

**Jørgensen, Sindre Høisæth** (7.2.1988)  
**2019** Maraton 10 3:08:06

## K

**Kalsås, Knud** (11.7.1983)  
**2019** Terrenkultra 14 6:15:09

**Kamanzi, Kim Baliruna** (24.3.2001)  
**2019** 100 U20 5s1 11.53, 2h4 11.62, 200 U20 3s1 22.61, 1h3 22.80, 400 U20 3h3 52.09, 200 G18/19 5 22.58, 3s1 23.18, 1h1 23.38, 400 G18/19 14 (2h1) 52.04

**Karlberg, Jesper Lie** (20.12.2004)  
**2019** Diskos G15 16 28.53

**Karlsen, Marius Sturlason** (19.2.1994)  
**2019** 24 timer ultra 59 67.158

**Karlsen, Raymond** (21.2.1980)  
**2019** Halvmaraton 35 1:35:13

**Kashafali, Samuel Ageze** (25.11.1993)  
**2019** 100 1 10.37w, 1s1 10.51, 1h3 10.60, 200 8 22.17, 1s1 21.68, 2h3 21.76, 60 inne 2 6.83, 1s1 6.85, 1h4 6.85

**Kasin, Sondre Mork** (6.4.2002)  
**2019** Lengde U20 20q 5.65, Tresteg U20 7 12.58, Lengde G17 6 5.61, Tresteg G17 4 12.69

**Kilde, Irvin** (3.5.1985)  
**2019** Terrenkultra 24 6:31:56

**Kiplesund, Ingar** (17.11.1996)  
**2019** Lengde 1 7.93, Tresteg 2 15.41, Lengde inne 3 7.39

**Kirkeberg, Alexander B.** (24.5.1996)  
**2019** 5000 11 (2h2) 14:40.72, 10000 15 (1h1) 30:43.98

**Kirkeli, John Henrik** (12.9.1993)  
**2019** 24 timer ultra 54 82.446

**Kjellesvik, Bjørn Klokkerstuen** (12.6.1989)  
**2019** Maraton 15 3:24:41

**Kjendalen, Odin Vinje** (10.9.2003)  
**2019** Stav G16 4 3.60, 1000 stafett G17-19 11 (6h1) 2:16.80

**Kjerpeset, Øyvind Strømmen** (12.12.1991)  
**2019** 200 7 22.03, 3s1 21.73, 1h2 21.96, 200 inne DNF, 1h5 22.21, 4x200 stafett inne 2 1:30.34

**Kjersem, Trond** (28.9.1975)  
**2019** Motbakke 64 60:48

**Kjærnli, Jan Christian** (17.6.2002)  
**2019** 4km terreng G17 2 12:48

**Klakegg, Håvard** (21.10.2002)  
**2019** Motbakke 24 51:08, 5000 U20 11 16:10.15, 3000 G17 10 9:23.57, 4km terreng G17 =8 13:23

**Klanderud, Tore** (3.1.1967)  
**2019** Motbakke 60 60:08

**Klareng, Øystein Vårhus** (16.11.1996)  
**2019** 4x100 stafett 2 43.03

**Klevan, Roger** (6.6.1980)  
**2019** 24 timer ultra 41 114.114

**Kleven, Jo Magnus** (4.5.2003)  
**2019** Slegge G16 3 40.65

**Knarvik, Magnus Andersen** (28.9.1999)  
**2019** 60 inne G20-22 6h1 7.78, 200 inne G20-22 4h3 25.03

**Knarvik, Mathias Vereide** (7.11.2004)

**2019** Stav inne G15 2 3.60

**Knoop, Daniel Andreas** (17.8.1983)

**2019** Lengde uten tilløp 8 2.97

**Kojen, Adrian** (27.9.2003)

**2019** 100 hekk G16 5 15.37, 400 hekk G16 5 42.67, Stav G16 3 3.60, 1000 stafett G17-19 11 (6h1) 2:16.80, Stav inne G16 2 3.60

**Kollberg, Mathias** (30.6.2000)

**2019** Lengde 7 6.68, 60 inne G18/19 5s2 7.37, 3h4 7.42, Lengde inne G18/19 5 6.14, Tresteg inne G18/19 5 12.61

**Kollberg, William Aleksander** (30.4.2004)

**2019** Lengde U20 16q 6.01, 1000 stafett U20 7 2:09.18, 100 hekk G15 2 14.59, 300 hekk G15 3 (3h2) 41.97, Høyde G15 1 1.77, Lengde G15 2 5.63w, 1000 stafett G17-19 9 (4h1) 2:12.88, 200 inne G15 4 24.37, 1h4 24.68, 60 hekk inne G15 1 8.72, Høyde inne G15 1 1.80, Lengde inne G15 1 5.10, 2q5.86, 7-kamp inne G15 1 4.102, 9-kamp G15 1 4.513

**Kongolo, Caleb Muamba** (18.4.2000)

**2019** 60 inne 7h1 7.36, Kule inne 6 11.76, 100 U20 4h3 11.70, 200 U20 3h7 23.70, Kule U20 14q 11.53, Høyde uten tilløp U20 1 1.55, Lengde uten tilløp U20 3.00, 4x100 stafett U20 4 45.72, 100 G18/19 4h1 11.53, 200 G18/19 5h4 24.85, Kule G18/19 9 11.96, 60 inne G18/19 6h4 7.55, 200 inne G18/19 4h3 24.33, Kule inne G18/19 4 12.51

**Kongolo, Josue Ilunga** (20.8.2002)

**2019** 100 U20 3h4 11.70, 200 U20 h1 DNS, Lengde uten tilløp U20 2 3.03, 4x100 stafett U20 4 45.72, 100 G17 7 11.57w, 2h3 11.52, 200 G17 h1 DNS, Kule G17 3 13.76, 60 inne G17 4 7.32, 1h2 7.33, Kule inne G17 2 14.01

**Kongsrud, Markus Kaland** (15.12.2003)

**2019** Lengde G16 7 5.61w, Tresteg G16 6 12.27, Lengde inne G16 8 5.26, Tresteg inne G16 6 11.82

**Kongssund, Lavrants** (3.5.2000)

**2019** Stav 9 3.90, Stav U20 5 4.10, 1000 stafett U20 5 2:02.47, Stav G18/19 3 4.10

**Kononovs, Sergejs (LAT)** (8.3.1989)

**2019** 100 8s1 11.15, 4h3 11.09, 200 7h3 22.69, 1000 stafett 3 1:57.35, 60 inne 5h4 7.21, 4x200 stafett inne 1 1:29.11, 4x100 stafett 1 41.81

**Konradsen, Sander** (6.6.2003)

**2019** 100 G16 6s1 11.62, 3h2 11.55, 200 G16 4h4 25.21, 60 inne G16 DQ:R162.6, 2h1 7.57, 200 inne G16 3h3 24.73

**Koppen, Iver Lars Håvard** (21.4.1999)

**2019** 100 7h2 11.13, 200 6h2 22.73, 100 U23 4 11.04, 2h1 10.94, 200 U23 4h3 22.57, 1000 stafett U23 1 1:57.98

**Kortner, Jens Nikolai Berdal** (19.12.1986)

**2019** 1x6km terrengstafett 7 15:01

**Kovacs, Lars Kaland** (6.7.2003)

**2019** 1000 stafett G15/16 DQ:R170.7

**Kringeland, Erlend Hatlem** (21.4.2003)

**2019** 800 G16 13 (4h2) 2:06.08, 3000 G16 4 9:11.99, 1500 hinder G16 2 4:30.30, 4km terreng G16 3 13:09

**Kringstad, Magnus** (6.5.1998)

**2019** 60 inne G20-22 7h1 9.17

**Kristiansen, Markus** (21.5.2002)

**2019** 100 U20 3h6 11.92, 200 U20 5s2 23.89, 100 G17 8 11.63w, 4h2 11.70, 200 G17 4h1 24.57

**Kristiansen, Thomas Naper** (8.8.2001)

**2019** Spyd U20 11 46.66, Spyd G18/19 6 43.33

**Kristoffersen, Kasper** (16.5.1995)

**2019** Terrenkultra 57 8:32:41, 24 timer ultra 51 97.188

**Krogsethagen, Karl Inge** (11.11.1988)

**2019** Motbakke 99 70:53

**Krogvig, Sebastian** (27.11.1987)

**2019** Terrenkultra 1 5:26:53

**Krossøy, Jonas** (19.12.1995)

**2019** 10km terreng 54 38:32

**Kruke, Torgeir** (28.7.1965)

**2019** Terrenkultra 43 7:38:59

**Krutå, Kim Daniel Saugestad** (24.6.2002)

**2019** 60 inne G17 6h2 7.95, 200 inne G17 4h4 25.06, 4x200 inne G15-17 3 1:39.38

**Kubon, Philip Andreas** (12.6.2004)

**2019** Stav U20 6 4.10, Stav G15 1 4.00, Spyd G15 8 38.57, Stav inne G15 1 3.60, Lengde inne G15 7 5.18, 6q 5.29

**Kucaj, Pawel (POL)** (6.7.2000)

**2019** Lengde 10 6.59, Lengde inne 6 6.49, 4x200 stafett inne 6 1:34.96, Lengde U20 7 6.60, 6q 6.42, Kule U20 12 11.77, 11q 12.14, Lengde uten tilløp U20 5 2.80, Lengde G18/19 5 6.38, 60 inne G18/19 6s2 7.38, 3h3 7.31, Lengde inne G18/19 4 6.54

**Kulbraaten, Ole Morten** (19.9.1962)

**2019** Maraton 11 3:13:52

**Kulseng, Andreas Ofstad** (19.5.2001)

**2019** 200 6h4 22.34, 400 6 50.95, 4h2 50.17, 1000 stafett 5 1:59.11, 1x6km terrengstafett 16 16:46, 200 U20 6 22.66, 2s2 22.34, 1h7 22.55, 400 U20 3 50.15, 2h2 50.75, 1000 stafett U20 3 1:59.66, 4x400 stafett U20 1 3:24.30, 200 G18/19 3 22.16, 2s2 23.26, 1h4 23.06, 400 G18/19 6 (5h3) 50.46, 1000 stafett G17-19 3 (3h2) 2:01.96, 60 inne G18/19 6h3 7.62, 200 inne G18/19 2h2 23.70, 400 inne G18/19 10 (4h2) 54.50

**Kumwenda, David (ZAM)** (13.4.2001)

**2019** 100 G18/19 5h3 11.70w, 200 G18/19 h1 DNS, Lengde G18/19 9 6.11

**Kvarme, Simen Eliassen** (9.1.2000)

**2019** Motbakke 18 49:22

**Kvenseth, Per Gunnar** (24.2.1959)

**2019** Motbakke 90 66:07

**Kvesetberget, Anders** (28.11.2002)

**2019** 4x100 stafett 2 43.03, 4x100 stafett U20 1 44.14, 4x100 mixlag U20 2 45.69, 100 G17 3h3 11.89, 200 G17 6h1 24.87, 1000 stafett G17-19 6 (1h1) 2:05.98

**Kveseth, Håkon Løvenskild** (19.4.1993)

**2019** Spyd 1 71.35

**Kårbø, Tom Erling** (4.2.1989)

**2019** 5000 4 (4h1) 14:09.56, 3000 inne 2 (2h2) 8:12.26

**Kårstad, Andreas** (25.4.2002)

**2019** Høyde inne 5 1.80, 2000 hinder G17 3 1.75, Tresteg G17 3 12.89, Høyde inne G17 2 1.81

**Kårvatn, Erik** (7.3.2003)

**2019** 800 G16 9 (1h2) 2:05.66, 4km terreng G16 5 13:15

**Kåshagen, Carl Emil** (9.2.1991)

**2019** 200 4h2 22.31, 1000 stafett 1 1:54.41, 200 inne 3 22.15, 1h4 21.99, 4x200 stafett inne 3 1:31.28

**Kåshagen, Jørgen** (22.10.1994)

**2019** 400 2 47.75, 2h2 48.25, 1000 stafett 1 1:54.41

**Kåshagen, Mauritz** (15.2.1989)

**2019** 1000 stafett 1 1:54.41, 400 inne 1 48.97, 1h1 49.37, 4x200 stafett inne 3 1:31.28

## L

**Lagestad, Gustav Belbo** (10.1.2003)

**2019** Høyde G16 =6 1.64, Høyde inne G16 5 1.65, Stav inne G16 NM

**Landsvik, Carl Erik Gjellestad** (13.3.2001)

**2019** 110h 8 16.15, Tresteg 5 13.79, Tresteg inne 6 14.13, 110 hekk U20 4h1 15.25, Tresteg U20 2 14.08, 1000 stafett U20 4

1:59.92, 110 hekk G18/19 5 15.02, 400 hekk G18/19 3 57.39, Tresteg G18/19 2 14.37

**Langdal, Ole** (23.4.1950)

2019 Motbakke 111 95:33

**Lange, Thomas Haugen de** (22.8.2000)

2019 Motbakke 91 66:58

**Lange, Peter** (18.12.1983)

2019 Terrenkultra 47 7:53:39

**Langen, Helge** (16.3.1985)

2019 10km terreng 39 34:30

**Langesæter, Henrik Senmyr** (4.4.1999)

2019 Kule inne 5 12.20

**Langøy, Mats Morgen** (8.3.2001)

2019 1500 U20 11 4.03.04, 6h2 4:07.16, 6km terreng U20 10 19:19, 800 G18/19 7 (7h2) 1:58.11, 3000 G18/19 7 8:54.47

**Larsen, Askild Vatnbakk** (6.3.1986)

2019 Terrenkultra 3 5:42:37

**Larsen, Kristoffer Vincent Kulseth** (4.5.1998)

2019 3km terreng 33 8:40

**Larsen, Simen Tjelta** (4.1.1994)

2019 100 DQ:R162.6, 3s2 10.72, 2h2 10.85, 200 4 21.86, 3s2 21.74, 2h4 21.93, 1000 stafett 3 1:57.35, 60 inne =4s3 7.00, 3h4 7.02, 4x200 stafett inne 1 1:29.11, 4x100 stafett 1 41.81, 4x400 stafett 1 3:20:51, 4x100 stafett mixlag 1 44.14

**Larsen, Tormod Hjortnæs** (29.7.1986)

2019 100 6s2 11.01, 3h3 11.03, 200 7s2 22.20, 4h4 22.08, 60 inne =5s2 7.00, 4h4 7.07, 200 inne 2h6 22.69

**Larsson, Børge Bjørsvik** (19.10.1992)

2019 Halvmaraton 8 1:14:23

**Larsson, Tobias Dybos** (30.4.2002)

2019 100 U20 5h6 11.96, 100 G17 h1 DNF

**Laukli, Henrik Marius** (8.4.2001)

2019 6km terreng U20 17 20:24

**Leikanger, Wilhelm Georg** (4.7.2004)

2019 2000 G15 8 6:04.35

**Leivestad, Joakim** (27.7.2003)

2019 100 G16 6h4 12.10w, 200 G16 6h1 25.07

**Lervik, Christian Andrés** (7.12.2002)

2019 60 inne G17 5h3 7.62, 200 inne G17 3h4 24.41, 4x200 inne G15-17 1 1:34.91

**Lerø, Andreas** (12.3.2003)

2019 800 G16 11 (2h2) 2:05.72, 3000 G16 20 9:54.36, 4km terreng G16 12 14:18

**Lerø, Øyvind** (30.9.1960)

2019 Terrenkultra 45 7:47:09

**Letrud, Alexander** (4.11.1992)

2019 10km terreng 55 50:11

**Lied, Matias** (23.3.2000)

2019 Motbakke 81 63:52

**Lien, Steinar Odberg** (16.11.1964)

2019 Maraton 21 3:41:25

**Lien, Tobias** (28.1.1998)

2019 100 U23 4h3 11.63, 200 U23 h1 DNS, 60 inne G20-22 5h2 7.45, 200 inne G20-22 3h3 23.66

**Liland, Fredrik** (21.9.2002)

2019 800 inne G17 6 (3h1) 2:07.70, 1500 inne G17 7 4:28.61

**Liland, Jostein Henri Hansteen** (8.3.2003)

2019 2km terreng G16 6:06

**Liland, Niklas** (4.11.2004)

2019 Kule G15 7 12.42, Diskos G15 9 33.50, Slegge G15 2 49.67, 60 inne G15 7h4 8.38, 200 inne G15 4h2 27.06, Lengde inne G15 9 5.10, Kule inne G15 12 10.45

**Lillefosse, Bjørnar Sandnes** (17.7.1992)

2019 5000 5 (5h1) 14:13.56, 10000 3 (3h2) 29:44.98

**Lillefosse, Pål Haugen** (4.6.2001)

2019 Stav 2 5.40, Stav inne 1 5.40

**Lillefosse, William** (9.11.2003)

2019 Lengde inne G16 13 3.44, Kule inne G16 7 9.07

**Lillehagen, Mathias** (11.2.2002)

2019 800 inne G17 2 (2h2) 2:03.37, 1500 inne G17 2 4:17.76, 2km terreng G17 8 5:37

**Lindekleiv, Ove** (8.4.1976)

2019 Kule inne 4 12.99

**Lindgren, Thomas Willy** (14.1.1988)

2019 Terrenkultra 64 10:38:08, 24 timer ultra 39 115.752

**Litland, Håkon Eik** (24.2.2001)

2019 Slegge 5 57.22, Slegge U20 1 65.70, Slegge G18/19 1 67.17, Spyd G18/19 8 33.43

**Liverød, Sivert Valaker** (16.3.2004)

2019 Høyde G15 =9 1.55, Tresteg G15 10 10.84

**Loennechen, Jørgen Brenna** (6.12.2003)

2019 Kule U20 13q 11.87, Kule G16 6 13.02, Spyd G16 4 47.53, Kule inne G16 4 12.89

**Lomås, Erik** (12.1.1993)

2019 10000 24 (18h2) 31:27.66

**Lorange, Håvard Ingvaldsen** (15.5.1965)

2019 Motbakke =48 57:11

**Losoa, Ronny** (1.10.1980)

2019 3km terreng 21 7:56

**Lothe, Adrian Solvang** (15.4.2000)

2019 1500 inne G18/19 10 4:30.15

**Lubsen, Mike (Lubowa) (UGA)** (22.4.1995)

2019 1000 stafett 3 1:57.35, 60 inne 6 6.96, 4s2 6.96, 2h5 7.00, 200 inne 2h2 22.57, 4x200 stafett inne 1 1:29.11, 4x100 stafett 1 41.81

**Ludvigsen, Bjarne** (14.11.1970)

2019 Motbakke 62 60:41

**Ludvigsen, Thorbjørn Thorsen** (10.10.1988)

2019 Motbakke 7 45:22

**Lund, Iver Gjedrem** (22.10.2003)

2019 Motbakke 36 54:53

**Lund, Olav Gjedrem** (22.10.2003)

2019 Motbakke 65 60:49

**Lundberg, Bjørn Rusten** (24.3.1994)

2019 3km terreng 28 8;23, 1x6km terrengstafett 15 16:04, 10km terreng 42 34:40

**Lundberg, Magnar Fossbakken** (28.3.1997)

2019 400 U23 4 50.89, 2h2 51.88, 800 U23 7 1:59.23

**Lundbo, Johan Henrik** (28.6.1965)

2019 Motbakke 45 56:40

**Lunde, Daniel Størseth** (22.6.2004)

2019 4x400 stafett U20 3 3:51.67, 4x600 G16 2 6:04.31

**Lunde, Johannes Steinsland Gulbrandsen**

(22.12.2003)

2019 100 U20 5h1 12.07, Tresteg U20 6 12.89, 100 G16 5h1 11.88w, Lengde G16 10 5.50w, Tresteg G16 12.61w, 200 inne G16 3h4 25.39, Tresteg inne G16 5 11.91

**Lunde, Lars** (20.5.1997)

2019 5000 h1 DNF, 1500 inne 8 (1h2) 3:56.55, 3000 inne h2 DNF

**Lundgren, Lewis Stefan (SWE)** (5.11.1971)

2019 Terrenkultra 58 9:03:58

**Lundin, Jesper Andreas Matsson** (8.8.2002)

2019 1500 U20 9h2 4:15.29, 5000 U20 17 16:36.15, 800 G17 DNF, 3000 G17 2 9:10.50, 2000 hinder G17 1 6:24.51, 800 inne G17 8 (4h1) 2:10.05, 1500 inne G17 4 4:25.65, 4km terreng G17 5 13:04

**Luong, Khoa Henrik** (13.12.1993)

2019 100 6h1 11.27

**Lutcherath, Jan Gunnar** (31.10.1980)

2019 Halvmaraton 18 1:22:47

**Lyngbø, Ole** (20.8.2001)

2019 1500 U20 6 4:01.09, 2h2 4:06.18, 800 G18/19 18 (8h1) 2:02.01, 3000 G18/19 5 8:47.98, 2000 hinder G18/19 1 6:21.21, 1000 stafett G17-19 8 (3h1) 2:07.80, 800 inne G18/19 7 (5h3) 2:01.59, 1500 inne G18/19 4 4:03.17

**Lyngstad, Fred Ivar** (2.2.1964)

2019 Motbakke 107 78:13

**Lyngstad, Martin** (7.3.2002)

2019 Motbakke 78 63:31

**Lyngstad, Terje** (30.12.1966)

2019 24 timer ultra 6 205.526

**Lysaker, Birk Bell** (23.3.2002)

2019 2000 hinder G17 5 7:13.04, Slegge G17 2 51.01

**Lysne, Torbjørn** (30.1.1990)

2019 400 5h2 50.93

**Lødøen, Trym Dalset** (22.8.2002)

2019 Motbakke 35 54:49

**Løfald, Ola** (13.4.1997)

2019 Motbakke 84 64:30

**Løke, Frank** (6.2.1980)

2019 Terrenkultra 11 6:08.40, 24 timer ultra 37 125.034

**Lømo, Tobias** (13.5.2000)

2019 5000 gang 2 23:58.89, 10000 gang 1 48:28.5, 2000 gang G18/19 1 8:52.24

**Lønskog, Erik** (19.1.1999)

2019 Høyde inne 3 1.90, Høyde uten tilløp 3 1.50, Høyde U23 1 1.85, Lengde U23 3 6.00, 1000 stafett U23 1 1:57.98, Høyde inne G20-22 1 1.85, Lengde inne G20-22 3 6.00

**Løvenholm, Aksel** (29.11.1941)

2019 Halvmaraton 48 2:20:35

**Løvli, Halvor** (4.2.2003)

2019 800 G16 21 (4h1) 2:10.07, 3000 G16 21 9:55.54, 4x600 G16 6 6:15.64, 4km terreng G16 15 14:52

**Løvås, Svein Magne** (8.6.1972)

2019 Maraton 7 2:56:13

**Løwø, Ivar** (27.2.2002)

2019 Stav G17 3 3.60

**Laastad, Bjørn** (16.3.1960)

2019 Halvmaraton 31 1:30:50

## M

**Magnussen, Kristian Hausken** (25.6.1986)

2019 400 inne 2h3 51.14, 4x200 stafett inne 6 1:34.96

**Mahmud, Suleyman Abdale (SOM)** (28.9.2001)

2019 400 inne G18/19 7 (1h1) 53.55, 800 inne G18/19 h2 DNF

**Mangerud, Karl Magnus** (13.8.1983)

2019 Terrenkultra 32 7:06.54

**Mangset, Jon Simen Hilstad** (6.6.1996)

2019 Høyde inne 2 1.95, 4x200 stafett inne 3 1:31.28

**Marken, Nikolai Zahl** (22.7.1980)

2019 Terrenkultra 41 7:36:35

**Markussen, Sander Pedersen** (14.6.1997)

2019 Terrenkultra 8 6:01:46

**Marrot, Mats William** (21.4.2003)

2019 Spyd U20 4 57.08, 400 hekk G16 2 41.33, Spyd G16 1 55.90, 60 hekk inne G16 3 8.67, Tresteg inne G16 2 12.01

**Marrot, Sebastian** (10.12.2000)

2019 110 hekk U20 4h2 15.62, 400 hekk U20 4 59.26, Stav U20 9 3.75, Lengde U20 17q 5.98, Kule U20 15q 11.44, Diskos U20 9 33.59, Spyd U20 6 55.00, 7-kamp inne U20 4 4.699, 10-kamp U20 2 5.939, 110 hekk G18/19 6 15.08, Stav G18/19 4 3.90, Lengde G18/19 7 6.27, Kule G18/19 8 11.96, Diskos G18/19 6 34.22, Spyd G18/19 4 52.22, 60 inne G18/19 7 7.26, 3s2 7.22, 1h4 7.27, 60 hekk inne G18/19 8.40 4h1 8.69, Stav inne G18/19 3 3.90

**Marthinussen, Christian** (28.12.1983)

2019 100 4 10.70w, 4s1 10.86, 2h3 11.00, 60 inne 3 6.86, 2s1 6.88, 2h4 6.95

**Martinsen, Hallgeir** (10.1.1989)

2019 100 4h1 11.18, 60 inne 8s2 7.11, 4h1 7.12, 200 inne 3h2 23.03, 4x200 stafett inne 2 1:30.34

**Martinsen, Sondre** (15.6.2003)

2019 1500 U20 7h1 4:10.16, 4x800 mixlag U20 1 9:19.28, 800 G16 5 (5h1) 2:02.02, 3000 G16 2 8:54.13, 1000 stafett G15/16 6 2:10.1, 800 inne G16 3 (3h2) 2:03.97, 1500 inne G16 1 4:18.95, 2km terreng G16 2 5:22, 4x600 G16 2 6:04.31

**Marøy, Nikolai André Navdal** (23.12.2004)

2019 100 G15 4h4 12.40, 300 hekk G15 7 (6h2) 43.99, 1000 stafett G15/16 7 2:10.8, 60 inne G15 5h2 7.97, 200 inne G15 3h6 26.04, Lengde inne G15 11 5.03, 8q 5.23, 4x200 inne G15-17 2 1:38.61, 4x100 G16 1 46.15, 4x600 G16 4 6:13.12

**Massacand, Philip Anders Athelme** (12.5.2002)

2019 3000 inne 12 (3h1) 8:47.23, 1x6km terrengstafett 13 15:42, 5000 U20 19 16:50.31, 2km terreng G17 5 5:17, 4km terreng G17 1 12:26

**Masters, Nicolas Roppen** (6.10.1997)

2019 60 inne G20-22 7 7.26, 5h1 7.36, 4x200 inne G18-22 3 1:32.64

**Matheswaran, Lemoriyan** (21.8.2003)

2019 1000 stafett G15/16 4 2:08.1

**Mathiesen, Sander Dybwad** (10.11.2003)

2019 800 G16 18 (3h1) 2:09.14, 3000 G16 13 9:35.07, 2km terreng G16 12 6:04, 4km terreng G16 8 13:32

**Mauren, Frode Nordstrand** (16.1.1973)

2019 Motbakke 59 59:56

**Meinseth, Even** (22.5.1996)

2019 100 DNS, 2s1 10.77, 1h1 10.85

**Melchior, Ole Magnus Ljøen** (25.7.1986)

2019 Motbakke 58 59:45

**Melheim, Mathias** (1.3.1999)

2019 Diskos U23 5 38.72

**Melheim, Steffen** (1.8.2003)

2019 Diskos 5 49.76, Kule U20 1 15.37, 5q 13.06, Diskos U20 2 54.33, Kule G16 3 15.34, Diskos G16 1 59.96, Slegge G16 1 49.02, Spyd G16 3 47.61

**Melsom, Einar Johan** (14.10.1999)

2019 3000 inne 10 (1h1) 8:33.64, 10km terreng 14 31:49, 5000 U23 DNF

**Mensah, Christian** (20.4.1996)

2019 100 DNF, 4s2 10.88, 2h1 10.87, 200 5 21.86, 4s1 21.77, 2h2 21.97, 60 inne 4 6.89, 1s3 6.88, 1h3 6.92

**Mertinat, Kristoffer-Andre Ødegård** (22.9.2001)

2019 1000 stafett U20 7 2:09.18, 100 G18/19 7h1 12.01, Slegge G18/19 6 31.14, 1000 stafett G17-19 9 (4h1) 2:12.88, 60 inne G18/19 7h1 7.82, Kule inne G18/19 8 8.15

**Mezngi, Zerei Kbrom (ERI)** (12.1.1986)

2019 3km terreng =5 7:35, Halvmaraton 3 1:08:18

**Midtsundstad, Østen Brovold** (24.3.2004)

2019 2000 G15 5 5:58.09

**Mikkelfjord, Erik Tanawat** (1.2.1999)

2019 100 5h1 11.21, 60 inne =5s2 7.00, 3h3 7.06, 100 U23 5 11.26, 2h3 11.25, 200 U23 4h2 22.89, 60 inne G20-22 1 7.04, 2h1 7.17, 200 inne G20-22 4 23.04, 2h1 22.56

**Mikkelsen, Halvor Nordengen** (5.11.2003)

2019 800 G16 26 (8h2) 2:13.55, 4x600 G16 3 6:04.34

**Mikkelsplass, Kristen** (26.9.1999)

2019 10km terreng 30 33:27

**Miloss, Donavan** (4.5.1999)

2019 Spyd 4 65.55, Spyd U23 3 54.09

**Miltz, Moritz (GER)** (7.9.2004)

2019 100 G15 7h1 12.45, 200 G15 4h2 25.84, Lengde G15 10 4.71, 60 inne G15 5h3 8.04, 200 inne G15 3h4 26.00, Lengde inne G15 14q 4.36

**Mjelde, Trygve Feidje** (11.11.1994)

2019 800 5h1 1:53.48

**Mjølkariid, Sondre** (25.6.2001)

2019 110 hekk U20 3 14.87, 1h2 14.85, Lengde U20 NM, 8q 6.39, 110 hekk G18/19 2 14.40, 60 inne G18/19 6h2 7.60, 60 hekk inne G18/19 5 8.43, 2h2 8.67, Lengde inne G18/19 NM

**Mjøs, Per Christian Eggen** (25.5.1998)

2019 Maraton 3 2:38:41

**Mjaaland, Leon Samuel Douglas** (6.9.2000)

2019 800 7h2 1:56.94, 400 U20 2 49.38, 1h3 49.96, 800 U20 4 1:54.23, 1h2 1:59.59, 1000 stafett U20 2 1:58.15, 400 G18/19 3 (3h3) 49.21, 800 G18/19 1 (1h2) 1:54.75, 1000 stafett G17-19 2 (2h2) 1:56.06, 800 inne G18/19 4 (1h1) 1:58.31

**Moe, Gustav Haavel Skarpen** (8.5.2003)

2019 400 U20 4h1 53.03, 1000 stafett U20 6 2:03.58, 200 G16 8s2 44.52, 3h1 24.58, 800 G16 15 (9h3) 2:06.98, 1000 stafett G15/16 3 2:07.8

**Moe, Marius André** (12.2.1984)

2019 Motbakke 109 84:24

**Moen, Aleksander** (14.9.1985)

2019 Terrenkultra 49 7:57:06

**Moen, Fredrik** (1.5.1969)

2019 Terrenkultra 31 7:02:43

**Moen, Sivert** (3.8.2004)

2019 100 G15 7s1 12.05, 4h1 12.17w, 200 G15 7 24.57w, 2h1 25.19, 300 hekk G15 6 (5h2) 43.96, Lengde G15 7 5.10, 1000 stafett G17-19 10 (5h1) 2:15.55, 60 inne G15 7s2 7.84, 4h3 7.87, 200 inne G15 2h6 25.12, Lengde inne G15 3 5.63, 4q 5.37, 4x200 inne G15-17 3 1:39.38

**Moen, Sondre Nordstad** (12.1.1991)

2019 5000 3 (3h1) 13:57.88, 10000 1 (1h2) 28:13.14

**Moen-Kristiansen, Aksel** (28.4.2004)

2019 200 G15 5h3 25.55, 1000 stafett G15/16 3 2:07.8, 60 inne G15 6s2 7.83, 4h1 7.89, 800 inne G15 h1 DNF, 4x100 G16 2 47.23

**Mohamoud, Abdirashid Hassan (SOM)** (28.10.2004)

2019 100 G15 6 12.32, 200 G15 6h1 25.93, 60 inne G15 6s1 7.88, 3h3 7.78, 200 inne G15 3h3 25.55

**Moland, Sindre Swan** (5.10.2004)

2019 3000 gang U20 3 14:58.61, 4km terreng G15 8 13:59

**Moldestad, Robert Andre** (4.1.2000)

2019 100 U20 6h6 12.16, 100 G18/19 7h2 11.88w, 200 G18/19 6h3 25.47

**Moldskred, Ivar Saunes** (23.3.2000)

2019 Spyd 8 56.49, Spyd U20 2 60.50, Kule G18/19 4 12.85, Diskos G18/19 3 40.01, Spyd G18/19 2 55.55, Kule inne G18/19 3 12.85, 4x200 inne G18-22 3 1:32.64

**Molenaar, Kasper** (15.12.2004)

2019 300 hekk G15 10 (4h1)

**Molvik, Jakob Jordåen** (5.8.2003)

2019 4km terreng G16 10 13:45

**Morales, Simon Enrique** (28.4.1994)

2019 Halvmaraton 17 1:22:08

**Morken, Jan** (23.10.1964)

2019 Motbakke 73 61:58

**Morken, Philip** (1.2.2004)

2019 800 G15 8 (7h2) 2:10.97, 2000 G15 6 6:03.95, 800 inne G15 2 (2h2) 2:11.76, 1500 inne G15 2 4:31.57

**Mortensen, Tore** (8.12.1973)

2019 24 timer ultra 9 185.580

**Morvik, Sivert Leivestad** (24.8.2004)

2019 Slegge G15 NM

**Mossestad, Freddy** (2.3.1964)

2019 Motbakke 87 65:29

**Mostrøm, Per Ole** (17.12.1985)

2019 24 timer ultra 32 150.150

**Mundal, Kjell Erling** (20.3.1964)

2019 Motbakke 47 56:57

**Mustaparta, Gunnar Petter** (28.7.1945)

2019 Halvmaraton 49 2:31:01

**Mydland, Marius Kalleberg** (17.2.2004)

2019 Slegge G15 5 40.94

**Myhr, Petter** (5.3.2000)

2019 3000h 5 9:37.09

**Myhre, Magne** (14.8.1963)

2019 Motbakke 68 34:36

**Mühlbradt, Magnus** (16.10.1987)

2019 24 timer ultra 52 90.090

**Myhre, Magnus Tuv** (15.6.2000)

2019 5000 U20 6 15:13.52, 2km terreng U20 4 5:10, 6km terreng U20 5 18:46

**Myrvang, Sander Steen** (7.2.2000)

2019 4x100 stafett U20 DNF, 100 G18/19 7h3 11.71w, 200 G18/19 6h4 25.82

**Mysen, Eirik** (6.5.1993)

2019 10000 7 (7h2) 30:12.93, 10km terreng 12 31:32

**Mæhle, Henning** (18.9.1991)

2019 10km terreng 41 34:38

**Mæhlum, Andreas Frich** (25.7.2000)

2019 100 U20 3h2 11.62, 200 U20 4h6 23.50, 100 G18/19 3h1 11.45, 200 G18/19 s1 DNS, 4h3 24.00, 60 inne G18/19 6s1 7.31, 3h1 7.32, 200 inne G18/19 3h1 23.64

**Mæhlum, Christian Frich** (25.11.2002)

2019 200 U20 5h4 23.92, 110 hekk U20 h2 DNF, 200 G17 4h3 24.01, 110 hekk G17 DNF, 60 inne G17 4h3 7.62, 200 inne G17 3h1 23.94, 60 hekk inne G17 3 9.25

**Mæle, Martin** (14.3.2000)

2019 800 G18/19 1 (9h2) 1:59.29

**Mælen, Gaute Øymo** (11.11.2003)

2019 100 G16 5s1 11.61, 4h4 11.73w, 200 G16 6h3 25.11, 1000 stafett G15/16 2 2:06.0, 60 inne G16 4h3 7.58, 200 inne G16 4h3 24.98, Lengde inne G16 10 5.10

**Mögenburg, Jonas Gussgard**

2019 Lengde 6 6.92

**Møller, Lars Willy** (27.1.1972)



2019 24 timer ultra 16 161.381

**Mørk, Martin Kirkeberg** (16.1.2001)

2019 5000 U20 2 14:54.90, 3000 G18/19 10 8:57.37

**Måseide, Sture** (17.5.2000)

2019 200 G18/19 4h1 24.08, 1000 stafett G17-19 h2 DQ:R162.6

## N

**Nadarajah, Akshathan** (14.7.2003)

2019 1000 stafett G15/16 3 2:07.8, 4x100 G16 2 47.23

**Nakken, Svein Arne** (28.1.1966)

2019 Motbakke 96 69:30

**Navelsaker, Jon-Kristoffer Hestad** (29.3.2003)

2019 2km terreng G16 16 6:28

**Nedregård, Kristian** (28.8.1974)

2019 5000 29 (16h2) 16:27.40, 10000 40 (22h1) 33:37.60, Kule 5 5.70, 800 inne 14 (4h1) 2:25.88, 3000 inne 18 (9h1) 9:18.05

**Nedrehagen, Robin Wathne** (1.5.1999)

2019 1500 inne 10 (3h2) 4:03.59

**Negassi, Elyas Tesfamichael (ERI)** (1.11.2001)

2019 4x1500 stafett DNF, 800 inne G18/19 13 (4h1) 2:06.63, 1500 inne G18/19 9 4:20.01

**Negård, Stig Morten** (8.12.1975)

2019 24 timer ultra 27 151.382

**Nerdal, Jon Bernhard Steinkopf** (17.2.1996)

2019 Slegge 3 64.09

**Nerhus, Vegard** (21.3.1980)

2019 Motbakke 57 59:18

**Nesheim, Leonard-Johan** (4.1.1995)

2019 400h 7 57.18, 400 inne 4h2 51.98, 800 inne 9 (2h2) 2:00.26

**Nesse, Andreas Nedrebø** (21.4.2004)

2019 100 G15 7h2 12.40, 200 G15 3h1 25.57, Tresteg G15 11 10.57w

**Nesse, Henrik Haga** (26.1.2001)

2019 60 inne 8h4 7.68, 4x200 stafett inne 6 1:34.96

**Nicolaisen, Henrik André** (19.7.1990)

2019 10000 36 (18h1) 32:23.29, 3km terreng 20 7:56

**Nilsen, Are Hwan Bergum** (9.12.2000)

2019 Høyde G18/19 4 1.78, Høyde inne G18/19 4 1.75

**Nilsen, Dag-Henry** (13.12.1971)

2019 Motbakke 23 51:03

**Nilsen, Elias Hovden** (19.7.2001)

2019 Spyd 6 59.65, Spyd U20 1 62.72, Diskos G18/19 7 32.91, Spyd G18/19 3 55.49, Høyde inne G18/19 5 1.70

**Nilsen, Erlend Hognestad** (10.5.1998)

2019 1000 stafett 4 1:58.98, 4x100 stafett DNF, 200 U23 6 23.44, 2h1 23.31

**Nilsen, Kalle Mæland** (???.1975)

2019 Terrenkultra 56 8:31:06

**Nilsen, Mads** (25.9.1990)

2019 1x6km terrengstafett 14 15:57, 2000 hinder G18/19 5 6:42.53

**Nilsen, Sander Werge** (23.6.2003)

2019 100 G16 5s2 11.69, 5h2 11.64, 200 G16 8s1 25.16, 4h3 24.91, 1000 stafett G15/16 3 2:07.8, 60 inne G16 5h2 7.68, 200 inne G16 3h2 25.23, 4x100 G16 2 47.23

**Nilsen, Svein-Tore** (2.7.1965-69)

2019 24 timer ultra 29 150.496

**Niyokindi, Frank Odin M.** (6.5.2002)

2019 60 inne G17 7 7.55, 3h1 7.47, 200 inne G17 5 24.26, 2h4 23.83

**Njerve, Eskil Reier** (25.7.2002)

2019 Stav 8 4.20, Stav U20 7 4.10, Lengde U20 19q 5.65, 110

hekk G17 5 16.53w, Stav G17 2 3.70, Lengde G17 5 5.66, Tresteg G17 5 12.65, 60 hekk inne G17 4 9.63, Stav inne G17 2 4.20, Tresteg inne G17 3 12.10, 7-kamp inne G17 4 3.491

**Norbakk, Troy Brandseth** (16.12.2003)

2019 Diskos G16 8 35.85, Slegge G16 2 46.63

**Nordal, Emil** (11.4.2003)

2019 200 U20 3h3 23.59, 400 U20 6h2 54.76, 4x100 stafett U20

DNF, 100 G16 8s1 11.63, 2h3 11.61, 200 G16 5 23.43w, 2s2

24.24, 1h1 24.01, 1000 stafett G15/16 8 2:16.0, 60 inne G16 6

7.75, 200 inne G16 5 23.88, 2h2 23.70, 60 hekk inne G16 6 9.44,

4x100 G16 4 47.70, 4x600 G16 6 6:15.64

**Nordanger, Morten** (11.10.1985)

2019 24 timer ultra 38 119.402

**Nordeng, August** (25.4.1995)

2019 10km terreng 34 34:00

**Nordeng, Johan Lien** (2.9.2003)

2019 4km terreng G16 2 12:57

**Nordtveit, Audun** (8.6.1988)

2019 10km terreng 11 31:15

**Nordås, Lasse Selvåg** (10.2.2002)

2019 Høyde G17 1 1.78

**Nordås, Narve Gilje** (30.9.1998)

2019 5000 6 (6h1) 14:16.06, 10000 2 (2h2) 29:19.23, 3000 inne 7 (7h2) 8:26.89

**Nybakk, Brae Henden** (2.4.2003)

2019 800 U20 h3 DNS, 2km terreng G16 11 5:58

**Nyberget, Alexander** (29.4.2000)

2019 Høyde 5 1.90, Høyde inne 4 1.85, Høyde U20 5 1.80, Høyde uten tilløp U20 2 1.55, Lengde uten tilløp U20 1 3.05, Høyde G18/19 3 1.81, Høyde inne G18/19 3 1.85

**Nygård, Geir** (2.2.1968)

2019 24 timer ultra 11 179.683

**Nylund, Sven** (11.2.1969)

2019 Motbakke 30 54:10

**Nymark, Tore** (4.2.1967)

2019 Halvmaraton 24 1:24:57

**Nystrøm, Jan Olav** (4.6.1944)

2019 1x6km terrengstafett 19 18:43

**Næss, Erlend Bergfjord** (18.4.2002)

2019 Kule U20 7 13.70, 2q 13.65, Diskos U20 3 46.63, Kule G17 1 16.05, Diskos G17 1 52.23, Slegge G17 1 52.54, Kule inne G17 1 15.90

**Næss, Jan Sandstad** (20.7.1991)

2019 10km terreng 51 36:48

**Nørve, Gaute Sløgedal** (23.9.2000)

2019 800 inne 10 (3h2) 2:01.12, 1500 inne 22 (7h1) 4:14.99, 800 inne G18/19 9 (3h2) 2:02.17, 1500 inne G18/19 7 4:17.95

## O

**Obaidi, Obaidullah (AFG)** (3.7.2000)

2019 60 inne G18/19 5h1 7.58, 200 inne G18/19 3h4 24.07

**Olsen, Benjamin** (16.6.2004)

2019 800 G15 1 (1h2) 2:06.77, 2000 G15 1 5:52.16, 800 inne G15 4 (4h2) 2:13.10, 1500 inne G15 3 4:44.73, 2km terreng G15 3 5:45, 4km terreng G15 3 13:18

**Olsen, Christian André Falkum** (18.10.2001)

2019 2km terreng U20 9 5:24

**Olsen, Mads Orø** (7.5.2002)

2019 Halvmaraton U23 1 1:17:53, 3000 G17 DQ:UM21.21, 1500 inne G17 5 4:28.25

**Olsen, Tarjei Stavnes** (8.12.2001)

2019 1x6km terrengstafett 12 15:39, 800 U20 6h2 2:06.17, 400 G18/19 20 (6h1) 55.89, 800 G18/19 20 (10h1) 2:04.90

**Olsen, Truls Engen** (18.1.2003)

2019 Slegge U20 5 49.79, Kule G16 7 12.51, Diskos G16 5 38.49, Slegge G16 NM

**Olsen, Ådne Bertin Stuland** (6.1.2004)

2019 Kule G15 10 11.43, Diskos G15 13 30.13, Slegge G15 NM, Spyd G15 11 29.34, 60 inne G15 8h4 8.77, Lengde inne G15 15q 3.82, Kule inne G15 6 12.39

**Olstad, Edvard Fossum** (25.3.2004)

2019 Motbakke 82 64:05

**Olsvik, Sindre** (14.3.1998)

2019 Lengde 12 6.47, 60 inne 6h5 7.23, Lengde inne 5 6.85, Lengde U23 1 6.56, 60 inne G20-22 6 7.24, 3h2 7.28, Lengde inne G20-22 1 6.61

**Omland, Glenn** (2.2.1973)

2019 Halvmaraton 39 1:39:18

**Omland, Leif Johannes** (6.3.1982)

2019 Maraton 16 3:29:31

**Omollo, Philip Jason** (29.1.2001)

2019 1000 stafett G17-19 2 (2h2) 1:56.06, 60 inne G18/19 7s1 7.32, 4h1 7.33, 200 inne G18/19 2 22.31, 1h2 22.45, 4x200 inne G18-22 2 1:32.48

**Omvik, Sindre Solbakken** (18.8.1993)

2019 1500 8 3:56.47, 5h2 4:01.52, 10000 28 (10h1) 31:50.91

**Oppegaard, Even Høgenes** (13.4.1992)

2019 10km terreng 49 36:24

**Oppen, Daniel** (26.2.2003)

2019 10000 gang 4 52:49.0, 3000 gang U20 4 15:41.33, Stav U20 10 3.40, 2000 gang G16 3 9:59.51, 1500 gang inne G16 2 7:10.85, Lengde inne G16 12 4.80

**Oppen, Sander** (17.12.2004)

2019 Stav G15 2 3.40, 60 inne G15 8h3 8.92, Stav inne G15 3 3.20

**Opsal, Toralv** (9.3.1998)

2019 Kule U23 3 12.81, Diskos U23 3 40.39

**Orbekk, Christian Steen** (30.12.1997)

2019 400 hekk U23 2 58.87

**Ose, Jonas Andre** (13.6.2002)

2019 100 6h2 11.13, 200 6h3 22.56, 60 inne 6s1 7.17, 5h5 7.15, 200 inne 2h5 22.95, 100 G17 1 10-96w, 1h3 11.36, 200 G17 1 22.24w, 1h3 23.25, 1000 stafett G17-19 h2 DQ:R162.6, 60 inne G17 1 7.02, 1h1 7.24, 200 inne G17 1 22.20, 1h1 22.87, 400 inne G17 2 52.18, 4x200 inne G18-22 3 1:32.64

**Osland, Rune** (4.6.1972)

2019 Maraton 17 3:30:48

**Osnes-Ringen, Filip** (7.7.2004)

2019 4km terreng G15 7 13:57

**Osvik, Arne** (22.9.1946)

2019 Motbakke 110 94:20

**Ottersen, Stuart Gallina** (9.11.1999)

2019 100 U23 3h2 11.61

**Ottestad, Jørgen Bjørndal** (6.6.2004)

2019 4km terreng G15 14 16:53

**Overvåg, Gabriel** (21.2.2004)

2019 100 U20 5h4 12.06, 200 U20 6h6 24.46, 100 G15 6 11.81, 3s2 11.80, 2h1 11.77, 200 G15 6 23.98w, 3h2 25.11, 1000 stafett G17-19 h2 DQ:R162.6, 60 inne G15 5 7.66, 2s2 7.57, 1h2 7.58, 200 inne G15 2h2 24.78, Kule inne G15 10 11.67, 4x200 inne G15-17 4 1:41.04

**Ovesen, Georg** (16.7.2002)

2019 1500 inne 20 (5h1) 4:13.19, 800 U20 7h1 2:06.89, 2000 hinder G17 DNS, 2km terreng G17 10 5:41

**Owusu, Benjamin Kwadjo** (26.7.2004)

2019 1000 stafett G15/16 5 2:09.5, 60 inne G15 7h3 8.32, 200 inne G15 4h1 27.05

## P

**Panchaligam, Nivethan Sutharsan** (6.9.1993)

2019 60 inne 7s1 7.19, 4h5 7.15, 200 inne 1h2 22.56

**Panklang, Oatthawut (THA)** (29.1.2002)

2019 4x100 stafett U20 DNF, 100 G17 6h3 12.08

**Parkson, Osazee** (10.9.2004)

2019 100 U20 11.26, 3s1 11.41, 2h2 11.46, 200 U20 4h2 23.47, 100 G15 1 11.20, 1s1 11.31w, 1h3 11.49, 200 G15 2 23.01w, 1h2 24.37, 60 inne G15 1 7.38, 1s1 7.40, 1h1 7.44, 200 inne G15 3 23.84, 1h2 23.93

**Pasanen, Tommi Aslaksrud** (7.2.2004)

2019 Tresteg G15 3 12.72w, Spyd G15 1 58.20

**Pay, Bjørn Terje** (5.3.1974)

2019 Diskos 4 49.93

**Pedersen, Daniel Nikolai Nilsen** (23.2.1998)

2019 4x400 stafett 1 3:20:51, 4x400 stafett mixlag 1 3:39.1, 400 U23 6 51.87, 3h2 51.80

**Pedersen, Erik Udø** (9.4.1994)

2019 5000 8 (8h1) 14:24.48, 10000 4 (4h2) 29:45.17, 1500 inne 2 (2h3) 3:50.73, 3000 inne 4 (4h2) 8:14.39, 3km terreng 3 7:30, 1x6km terrengstafett 2 14:23

**Pedersen, Fredrik Stiansson** (5.10.2003)

2019 100 G16 5h3 11.81, 200 G16 6s2 24.62, 2h1 24.57

**Pedersen, Jonas** (15.12.2004)

2019 2000 G15 23 7:06.06, 2000 gang G15 1 11:35.04

**Pedersen, Peder Wilhelm** (3.9.2003)

2019 4x100 G16 4 47.70

**Pedersli, Trond Einar Moen** (21.2.1994)

2019 5000 7 (7h1) 14:23.77, 10km terreng DNF

**Persen, Fredrik** (19.2.2002)

2019 4x100 stafett U20 2 44.81, 4x100 stafett U20 3 45.68, 100 G17 5h112.07w, 200 G17 7h3 25.03, 1000 stafett G17-19 7 (2h1) 2:07.24

**Persen, Kristoffer** (18.3.2000)

2019 60 inne 8s3 7.25, 5h3 7.21, 200 inne 3h1 23.29, 4x100 stafett U20 3 45.68, 4x100 mixlag U20 3 45.70, 60 inne G18/19 3 7.19, 3s1 7.22, 2h4 7.29, 200 inne G18/19 6 23.40, 1h4 22.80

**Pettersen, Christian Vik** (20.7.2002)

2019 Stav 7 4.40, Stav inne 5 4.30, Stav U20 1 4.60, 110 hekk G17 4 15.37w, Stav G17 1 4.60, Lengde G17 4 5.68, 60 hekk inne G17 DNF, Stav inne G17 1 4.30, Lengde inne G17 3 5.99, Tresteg inne G17 2 12.37, 7-kamp inne G17 3 4.318

**Pettersen, Eivind** (31.7.1963)

2019 Terrenultra 35 7:11:59

**Pettersen, Even** (12.10.1993)

2019 200 inne 21.90, 1h1 22.09

**Pettersen, Kristian** (22.6.2004)

2019 100 G15 6s1 12.02w, 3h4 12.27

**Pettersen, Martin** (16.2.2002)

2019 100 G17 4h1 11.77w, 200 G17 5h1 24.83, 1000 stafett G17-19 6 (1h1) 2:05.98

**Pettersen, Håvard Fluge** (16.5.2001)

2019 800 U20 9 1:59.68, 3h1 2:00.53, 2km terreng U20 10 5:25, 6km terreng U20 21 21:24, 400 G18/19 15 (6h2) 52.18, 800 G18/19 8 (1h1) 1:58.47, 1000 stafett G17-19 4 (4h2) 2:03.38

**Plows, Sebastian Casper** (29.11.2001)

**2019** 400 inne 3 50.15, 1h3 50.66, **200 U20 4s1 22.62, 2h2 22.85, 200 G18/19 4 22.33, 2s1 22.97, 2h2 22.98, 800 G18/19 5 (5h2) 1:57.56**

**Pollestad, Ove** (13.9.1973)

**2019** Terrenkultra 29 6:54.55

**Poosz, Vegard Vendel** (7.2.2003)

**2019** 1000 stafett G15/16 DQ:R170.7

**Porjajev, Timofei (EST)** (3.1.2003)

**2019** 100 G16 2 11.29, 1s2 11.34, 1h2 11.33, 200 G16 1 22.89w, 1s1 23.53, 1h2 23.87, 800 inne G16 10 (5h1) 2:20.64

**Pytten, Kristian** (7.8.2000)

**2019** 5000 U20 DQ:NM25.1, 2km terreng U20 5 5:11, 6km terreng U20 6 18:49, 800 G18/19 19 (9h1) 2:04.04, 3000 G18/19 3 8:45.69

## Q

**Quarcoo, Jonathan Tetteh** (13.10.1996)

**2019** 100 3 10.48w, 1s2 10.45, 1h4 10.61, 200 h2 DNS, 60 inne DNS, 1s2 6.74, 1h1 6.88

## R

**Rabi, Abdullahi Dahir (SOM)** (27.03.2003)

**2019** 1500 6 3:50.83, 4h1 4:07.40, 800 U20 6 1:55.16, 1h1 1:56.76, 6km terreng U20 2 18:19, 800 G16 3 (3h1) 2:00.11, 3000 G16 1 8:50.60, 1500 hinder G16 DQ, 2km terreng G16 1 5.11

**Rajan, Nivethan** (22.7.2004)

**2019** 100 G15 8s2 12.27, 3h2 12.21, 200 G15 6h3 25.64, 300 hekk G15 8 (2h1) 46.91, 1000 stafett G15/16 4 2:08.1, 60 inne G15 7s1 7.89, 3h4 7.79, 200 inne G15 2h4 25.59, 60 hekk inne G15 5 10.13, Lengde inne G15 10 5.05, 11q 5.02, Tresteg inne G15 4 10.74, Kule inne G15 NM

**Reigstad, Magnus** (31.3.2003)

**2019** 200 7h4 23.04, 200 U20 6s1 23.22, 2h3 23.45, Lengde U20 6 6.62, 4q 6.56, 100 G16 6s2 11.73, 2h4 11.56w, 200 G16 4 23.33w, 3s2 24.26, 2h2 24.31, Lengde G16 2 6.40, 60 inne G16 6h2 7.86, 200 inne G16 2 23.21, 1h2 23.45, Lengde inne G16 2 6.19

**Reinholt, Helge** (29.3.1967)

**2019** 24 timer ultra 21 152.930

**Reinvik, Karl Karamjit Singh** (15.1.2003)

**2019** 800 G16 29 (10h1) 2:21.59, 3000 G16 22 10:08.78

**Rettore, Benjamin Storm** (27.12.2003)

**2019** 800 U20 6h1 2:06.88, 1500 U20 10h1 4:19.30, 1500 hinder G16 4 4:32.35

**Rieber-Mohn, Caspar** (11.6.1982)

**2019** 24 timer ultra 47 109.746

**Rimereit, Lars Åkernes** (26.6.1995)

**2019** Motbakke 14 48:44

**Rinde, Sondre Oppedal** (28.1.1998)

**2019** Lengde 13 6.19, Tresteg 6 13.71, 60 hekk inne 2 8.95, Tresteg inne 7 13.55, 60 inne G20-22 6h2 7.49, 60 hekk inne G20-22 1 8.94, Lengde inne G20-22 2 6.37, Tresteg inne G20-22 1 13.06

**Ringen, Kjetil Røste** (20.6.1993)

**2019** Slegge 4 58.31

**Riple, Håkon Lerøy** (15.12.1993)

**2019** 60 inne 8h1 7.38, Lengde uten tilløp 7 3.04

**Riseth, Jonas** (4.6.1994)

**2019** Motbakke 42 56:22, 10km terreng 44 34:52

**Rishøi, Sondre** (30.4.2000)

**2019** 800 10h2 2:00.23, 800 U20 5 1:54.36, 2h3 1:59.89, 400 G18/19 11 (4h2) 51.59, 800 G18/19 3 (3h2) 1:56.71, 800 inne G18/19 2 (2h3) 1:55.63, 1500 inne G18/19 2 4:00.97

**Riska, Svein Kjetil** (28.10.1975)

**2019** Terrenkultra 33 7:11:29, 24 timer ultra 3 217.193

**Rivenes, Andreas** (11.8.2003)

**2019** 2km terreng G16 15 6:11

**Roe, Martin** (1.4.1992)

**2019** 200 6s2 22.12, 3h2 22.09, 110h 5 15.35, Lengde 2 7.51, Kule 4 14.97

**Rognerud, Mads** (25.6.2001)

**2019** 1000 stafett 7 2:01.57, 400 G18/19 8 (2h2) 50.86

**Rognstad, Asgeir Bakken** (31.8.1987)

**2019** Motbakke 25 51:50

**Rolland, Sebastian Wichstrøm** (15.8.2002)

**2019** Kule G17 4 13.07, Diskos G17 5 27.06, Spyd G17 4 51.03

**Rommelhoff, Johannes** (13.1.1984)

**2019** Terrenkultra 25 6:32:48

**Ronæs, Kjell-Arne** (18.4.1970)

**2019** Halvmaraton 44 1:45:31

**Rooth, Markus** (22.12.2001)

**2019** 110h 4 15.33, 110 hekk U20 1 14.44, 1h1 14.69, Stav U20 3 4.50, Kule U20 4 14.01, 1q 14.03, Diskos U20 5 40.87, Spyd U20 5 56.96, 7-kamp inne U20 1 5.506, 110 hekk G18/19 1 14.25, Høyde G18/19 2 1.90, Stav G18/19 1 4.50, Lengde G18/19 2 6.90, Kule G18/19 3 13.25, Diskos G18/19 2 42.82, Spyd G18/19 1 56.70, 60 hekk inne G18/19 1 8.16, 1h1 8.36, Høyde inne G18/19 2 1.90, Stav inne G18/19 2 4.60, Lengde inne G18/19 3 6.91, Kule inne G18/19 1 14.14

**Roppen, Edvard Dimmen** (12.6.2004)

**2019** 4x200 inn G15-17 4 1:41.04

**Roset, Håkon Hjelle** (19.2.2000)

**2019** Slegge 9 50.46, Slegge U20 4 55.29, Slegge G18/19 3 58.21

**Rosvold, Erik Johannes** (13.11.1998)

**2019** Diskos NM, Kule U23 4 12.69, Diskos U23 1 45.96, Slegge U23 2 36.65

**Rosvold, Thor Olav** (2.7.1996)

**2019** Diskos 6 49.74

**Roth, Magne** (21.11.1991)

**2019** Motbakke 95 68:00

**Roth, Thomas Arne** (11.2.1991)

**2019** 1500 inne 3 (3h3) 3:50.81, 3km terreng 26 8:10

**Rozporski, Michal Pawel (POL)** (20.12.1988)

**2019** Kule 2 18.24

**Ruden-Johansen, Rune** (28.8.1991)

**2019** 24 timer ultra 61 50.778

**Rudi, Sondre Matias Kui** (12.6.2000)

**2019** 100 7h4 11.20, 100 G18/19 5 11.21w, 3h3 11.36w, 200 G18/19 6s1 23.84, 2h1 23.94

**Rudsengen, Even** (26.9.2001)

**2019** 4x100 stafett U20 4 45.72

**Rye, Andreas Spønnich** (23.12.2002)

**2019** Høyde G17 2 1.75

**Rye, Einar Johannes** (11.10.2001)

**2019** 4x400 stafett U20 2 3:46.01, 4x400 mixlag U20 3 3:59.71

**Rypdal, Petter Mekvik** (30.10.1993)

**2019** 5000 17 (13h1) 14:50.57, 10000 12 (12h2) 30:33.52, 10km terreng 10 31:07

**Ræstad, Jonas Nuland** (7.2.2001)

**2019** 60 inne 8h5 7.50, Lengde inne 7 6.48, Tresteg inne 8 13.45, Lengde U20 14q 6.19, Tresteg U20 4 13.27, Lengde G18/19 11 6.01, Tresteg G18/19 6 12.72, Lengde inne G18/19 8 5.99, Tresteg inne G18/19 2 13.09

**Rød, Odd Magne** (4.12.1979)

2019 24 timer ultra 40 114.916

**Røinaas, Syver** (2.8.1999)

2019 400 6h1 50.61, 4x400 stafett 2 3:20.56, 200 inne G20-22 DNS, 2h3 22.81, 400 inne G20-22 2 50.39

**Røkenes, Sondre** (21.3.2003)

2019 Høyde G16 8 1.64

**Rølsåsen, Vetle Haugjord** (12.5.2004)

2019 4km terreng G15 13 16:39, 4x100 G16 4 47.70, 4x600 G16 6 6:15.64

**Ræstum, Borge** (6.9.1959)

2019 24 timer ultra 34 137.588

**Rønning, Casper** (14.3.2004)

2019 4km terreng G15 5 13:48

**Røtnes, Fredrik Vaeng** (20.3.1996)

2019 5000 gang 1 22:39.96

**Røyrrhus, Ole Sivert** (11.3.2003)

2019 800 G16 4 (4h1) 2:00.67

**Røyrrhus, Vegard** (15.11.1998)

2019 Motbakke 32 54:22

**Raa, Erlend Bolstad** (31.3.2000)

2019 Kule U20 10 12.65, 9q 12.91, Høyde uten tilløp U20 3 1.50, Kule G18/19 7 12.06

## S

**Sagen, Kasper** (19.4.1999)

2019 Spyd 2 67.90, Spyd U23 1 74.23

**Sahin, Kaya Emin van Hulst (NED)** (15.12.2002)

2019 800 inne G17 11 (6h2) 2:13.68, 1500 inne G17 DNF

**Sakshaug, Ola** (19.9.1984)

2019 5000 19 (6h2) 14:56.85, 10000 17 (2h1) 30:54.14

**Sampson, Helge** (25.5.2001)

2019 100 G18/19 6h2 11.58w

**Sand, Håkon** (2.12.2001)

2019 1x6km terrengstafett 18 17:04, 1000 stafett U20 3 1:59.66, 2km terreng U20 17 6:25, 4x400 stafett U20 1 3:24.30, 1000 stafett G17-19 3 (3h2) 2:01.96

**Sandberg, Joachim** (18.5.1995)

2019 200 5s2 21.77, 3h4 21.96, 400bh 3 51.88, 60 inne 7 s2 7.10, 6h2 7.12, 200 inne 1h6 22.28

**Sande, Hans** (6.2.1996)

2019 Slegge 8 52.06

**Sandnes, Arne Øyvind** (15.2.1947)

2019 Motbakke 108 83:22

**Sandness, Terje** (18.10.1964)

2019 Terrengultra DNF, Halvmaraton 19 1:23:03, Maraton 9 3:05:33, 24 timer ultra 7 203.567

**Sandvik, Fredrik** (23.3.1998)

2019 5000 12 (10h1) 14:42.06, 3000h 3 9:17.76, 3km terreng 4 7:33, 800 U23 3 1:57.31, 1500 U23 2 3:54.17, 5000 U23 7 15:18.00, 3000 hinder U23 1 9:06.83

**Sandø, Ivar Andreas** (12.6.1953)

2019 Halvmaraton 30 1:28:04

**Santiago, Riquelvis Rafael** (1.1.1987)

2019 100 6s1 11.00, 4h2 11.04, 60 inne 6s3 7.07, 4h3 7.10

**Sebastian, Bryan Ahmadi (INA)** (31.7.2004)

2019 2000 G15 21 6:33.41

**Seeberg, Max** (25.4.2003)

2019 100 G16 7h3 12.06, 200 G16 =6h2 25.06, 1000 stafett G15/16 5 2:09.5

**Seeberg- Rommetveit, Simen** (29.4.2000)

2019 1500 U20 7 4:01.68, 4h2 4:06.76, 1000 stafett U20 6 2:03.58, 400 G18/19 17 (4h1) 52.94, 800 G18/19 10 (8h2)

1:58.78, 3000 G18/19 11 8:59.11, 1000 stafett G17-19 5 (5h2) 2:05.35

**Sel, Harald** (17.8.1942)

2019 Halvmaraton 46 1:55:01, Maraton 29 4:28:30

**Selbekk, Sebastian** (30.11.1993)

2019 800 inne 8 (1h1) 2:00.24, 1500 inne 17 (8h2) 4:10.35, 3km terreng 32 8:31

**Seliussen, André** (5.4.2001)

2019 5000 U20 12 16:12.86, 3000 hinder U20 2 11:06.04

**Sellevoid, Sivert Fløgstad** (4.12.2000)

2019 200 G18/19 s1 DNS, 4h4 23.66, 400 G18/19 5 (1h2) 49.78, 200 inne G18/19 2h3 22.99, 400 inne G18/19 2 (2h3) 50.75

**Selliken, Fredrik** (17.4.2000)

2019 60 inne 6h1 7,35, 4x200 stafett inne 4 1:31.94, 100 U20 3h5 11.58, 1000 stafett U23 2 2:00.17

**Selnes, Sebastian Kristensen** (14.1.2002)

2019 200 U20 6s3 23.30, 3h6 23.09, 400 U20 5h3 52.84, 400 G17 h1 DNF, 60 inne G17 4h1 7.54, 200 inne G17 4 23.37, 1h4 23.20

**Selstø, Oskar Price** (14.6.2002)

2019 2km terreng G17 13 6:25

**Semb, Henrik** (12.3.1996)

2019 400h 6 55.56, 1000 stafett 5 1:59.11

**Sheath, Robert David** (16.1.2002)

2019 400 hekk U20 6 62.61, 200 G17 5 22.92w, 2h3 23.40, 400 G17 4 (1h1) 52.31, 300 hekk G17 3 41.73

**Shields, Espen** (25.4.2001)

2019 110 hekk U20 5h1 16.21, 110 hekk G18/19 8 16.48

**Shire, Sharmarke Ahmed A. (SOM)** (8.5.2001)

2019 3000 G18/19 19 9:31.68

**Siemieniuch, Tomasz** (23.1.2000)

2019 100 7s1 11.07, 3h1 11.12, 200 7s1 22.30, 5h4 22.25, 60 inne 3s1 7.04, 5h2 7.11, 4x200 stafett inne 4 1:31.94, 100 U20 2 10.94, 2s2 11.12, 1h4 11.38, 200 U20 4 22.26, 2s1 22.27, 1h1 22.64, 1000 stafett U23 2 2:00.17, 100 G18/19 2 10.94w, 1h3 11.06w, 200 G18/19 2 21.87, 1s2 22.92, 1h3 22.93, 60 inne G18/19 1 6.99, 1s1 7.11, 1h2 7.13

**Sigurdson, Simen Dyrkoll** (22.1.1993)

2019 400 DNS, 2h1 49.16, 1000 stafett 4 1:58.98, 60 inne 5h1 7.35, Lengde uten tilløp 4 3.15, 4x100 stafett DNF, 4x400 stafett 3 3:26.03

**Simensen, Fredrik** (24.6.1992)

2019 Kule inne 2 13.22

**Simonsen, Aleksander Børstad** (18.12.2002)

2019 1500 U20 11h2 4:18.27, 800 G17 4 2:02.86, 3000 G17 8 9:16.58, 800 inne G17 h1 DNF, 1500 inne G17 DNF

**Simonsen, Simon Hermstad** (17.2.2004)

2019 800 G15 h1 DNF, 2000 G15 22 6:36.08, 800 inne G15 8 (5h2) 2:22.15, 1500 inne G15 6 5:04.65

**Sivaperuman, Sarvin** (15.2.2003)

2019 2km terreng G16 14 6:09

**Sjursen, Amund Høie** (16.1.1996)

2019 Lengde 3 7.32, 60 inne 1 6.78, 2s2 6.84, 2h3 7.04, Lengde inne 2 7.52

**Sjursen, Gjert Høie** (9.1.2000)

2019 100 8h1 11.46, 110h 7 16.04, Lengde 9 6.62, 1000 stafett 6 2:00.93, 60 inne 7h5 7.38, 60 hekk inne 1 8.777, 100 U20 3h3 11.28, 110 hekk U20 4 14.95, 2h2 14.92, Lengde U20 2 6.83, 7q 6.40, Kule U20 11 12.60, 12q 12.06, Diskos U20 6 40.80, 1000 stafett U20 1 1:57.61, 7-kamp inne U20 2 5.117, 10-kamp U20 1 6.492, 200 G18/19 7 23.00, 4s2 23.60, 3h4 23.53, 110 hekk G18/19 3 14.65, Høyde G18/19 5 1.75, Lengde G18/19 4 6.46,

Kule G18/19 6 12.15, Diskos G18/19 5 34.85, 1000 stafett G17-19 1 (1h2) 1:56.03, 60 inne G18/19 6 7.21, 2s2 7.20, 3h2 7.24, 60 hekk inne G18/19 2 8.34, 1h2 8.40, Lengde inne G18/19 2 6.94, Kule inne G18/19 2 13.17, 4x200 inne G18-22 1 1:30.23

**Sjurseth, Andreas Myhre** (5.2.1985)

2019 10000 14 (14h2) 30:38.55, Halvmaraton 6 1:09:44, 10km terreng 25 32:48

**Sjåholm, Mathias** (26.1.2004)

2019 100 G15 5h4 12.44, 100 hekk G15 5 16.82, 60 inne G15 6h4 8.33, 60 hekk inne G15 6 10.38, Lengde inne G15 q NM

**Skagestad, Sven Martin N.** (13.1.1995)

2019 Kule 3 17.86, Diskos 2 58.01

**Skarsholt, Håkon** (4.4.1991)

2019 Motbakke 4 43:55

**Skarstad, Rikard** (12.2.2004)

2019 60 inne G15 6 7.72, 4s2 7.73, 2h1 7.70, Høyde inne G15 NM, Lengde inne G15 8 5.16, 12q 4.97

**Skatvedt, Ola** (19.2.1992)

2019 Terrengultra 5 5:44:46, 10km terreng 40 34:31

**Skilleås, Svein Oscar** (9.6.2002)

2019 1500 U20 13h1 4:22.03, 5000 U20 DNF, 3000 G17 5 9:13.02, 2000 hinder G17 2 6:34.53, 2km terreng G17 7 5:32

**Skinstad, Mårten Soleng** (18.4.1997)

2019 10km terreng 52 36:58

**Skinstad, Petter Soleng** (30.9.1989)

2019 10km terreng 37 34:08

**Skjeseth, Sigurd Ruud** (24.12.1996)

2019 3000 inne 3 (3h2) 8:12.42, 10km terreng 6 30:46

**Skjevraak, Peder Hennestad** (22.1.2004)

2019 100 G15 8s1 12.14, 5h1 12.19, 200 G15 4h3 25.52, Tresteg G15 7 11.13w, Kule G15 9 11.99, Spyd G15 2 52.31, 60 inne G15 5h1 7.93, Lengde inne G15 q NM, Tresteg inne G15 5 10.62, Kule inne G15 5 12.41

**Skjold, Oskar Lockert** (17.12.2002)

2019 4km terreng G17 12 14:01

**Skjoldli, William** (8.10.2003)

2019 200 G16 7h1 26.14, Lengde G16 8 5.60w, 60 inne G16 7h2 8.17, 200 inne G16 4h4 25.43, Lengde inne G16 NM

**Skjong, Odd Arne** (14.4.1988)

2019 Motbakke 104 74:26

**Skjæråsen, Tomas Jack J.** (13.2.1995)

2019 1x6km terrengstafett 10 15:12

**Skjønsfjell, Henry** (20.12.2004)

2019 4km terreng G15 11 15:19

**Skoczylas, Igor (POL)** (17.5.2004)

2019 100 G15 7h4 12.76, Diskos G15 15 28.74, Slegge G15 7 35.79, 60 inne G15 6h3 8.05, Kule inne G15 13 10.03

**Skogsrud, Even Westgård** (4.7.2000)

2019 4x100 stafett U20 1 44.14

**Skogvang, Kjell** (16.12.1944)

2019 24 timer ultra 24 151.788

**Skorpen, Alexander** (23.5.1998)

2019 Spyd 3 67.60

**Skotheim, Sander Aae** (31.5.2002)

2019 Høyde 1 2.08, 100 U20 6s2 11.62, 2h5 11.50, 110 hekk U20 2 14.84, 2h1 14.84, Høyde U20 2 1.97, Lengde U20 3 6.82, 3q 6.59, 200 G17 6 23.20w, 2h1 23.44, 110 hekk G17 1 14.34w, 300 hekk G17 2 39.15, Lengde G17 1 6.38, Tresteg G17 2 14.21, Kule G17 2 13.96, Diskos G17 2 40.23, 60 inne G17 3h2 7.59, 60 hekk inne G17 1 8.26, Høyde inne G17 1 1.96, Lengde inne G17 1 6.19, Tresteg inne G17 1 13.43, Kule inne G17 3 13.00, 7-kamp inne G17 1 5.239, 10-kamp G17 1 7.543

**Skovly, Håvard Dale Foyn** (6.3.2003)

2019 400 U20 4h3 52.62, 200 G16 6 23.55w, 4s1 24.11, 3h3 24.45

**Skre, Vebjørn Sæten** (15.12.2002)

2019 Diskos U20 NM

**Skylstad, Andreas** (10.2.1988)

2019 Motbakke 12 47:58

**Skåden, Jonas Berggård** (5.9.2002)

2019 100 7h1 11.32, 200 8h3 22.95, 60 inne 8h2 7.37, 200 inne 3h6 23.25, Høyde inne NM, Lengde inne 8 5.88, 4x200 stafett inne 4 1:31.94, 100 U20 3 11.06, 3s2 11.21, 1h5 11.27, 200 U20 3s2 22.46, 2h7 23.15, Lengde U20 15q 6.06, 1000 stafett U23 2 2:00.17, 100 G17 2 11.00w, 1h1 11.21w, 200 G17 3 22.49w, 1h1 23.43, Lengde G17 3 6.12, Diskos G17 3 39.73, Spyd G17 5 50.55, 60 inne G17 5 7.33, 2h2 7.37, 200 inne G17 3 22.88, 2h3 22.98, Lengde inne G17 2 6.12, 7-kamp inne G17 2 4.375, 10-kamp G17 2 6.091

**Skåra, Nils-Paul** (26.3.1987)

2019 100 8s2 11.14, 5h4 11.07, 4x100 stafett 3 43.28

**Skårild, Martin Haugen** (24.3.2004)

2019 100 G15 5s2 11.88, 2h3 11.95, 800 G15 2 (2h2) 2:08.66, 60 inne G15 5s2 7.78, 3h1 7.79, 200 inne G15 2h3 25.23, 800 inne G15 3 (3h2) 2:12.27

**Slettingdalen, Marius** (30.12.1975)

2019 24 timer ultra 46 110.292

**Smitt-Ingebretsen, Vetle** (26.11.2004)

2019 Diskos G15 11 31.47, Slegge G15 8 27.35

**Sodefjed, Lars Ingemann** (21.5.1980)

2019 Terrengultra 38 7:27:30

**Solberg, Kristoffer** (4.10.2003)

2019 100 G16 =4 11.42, 3s1 11.46, 2h2 11.52, 200 G16 5s1 24.16, 2h4 24.59, 1000 stafett G17-19 4 (4h2) 2:03.38

**Solbu, Ole Jakob Høsteland** (19.8.2003)

2019 400 U20 5h2 52.08, 800 U20 8 1:56.65, 3h2 2:00.24, 800 G16 2 (2h1) 1:59.93

**Solli, Rune** (7.11.1992)

2019 5000 15 (4h2 14:44.86)

**Solligård, Sverre** (4.1.1991)

2019 5000 21 (8h2) 15:01.72, 10000 25 (7h1) 31:28.90

**Solomon, Merih** (15.7.1991)

2019 10km terreng 48 36:05

**Solvold, Odd Ivar** (21.7.1969)

2019 Terrengultra 10 6:04:49

**Sommerset, Even Overøye** (xx.xx.2004)

2019 1000 stafett G17-19 11 (6h1) 2:16.80

**Sommerseth, Stian Dahl** (16.1.1997)

2019 Motbakke 6 45:16

**Sonnenberg, Peter Erwin (GER)** (11.6.1956)

2019 Halvmaraton 34 1:33:18

**Spoor, Nicholas Jan** (20.7.2001)

2019 Spyd U20 10 49.60

**Stalsberg, Fridtjof Østerbø** (10.10.1986)

2019 24 timer ultra 35 135.988

**Stangbye, Patrick** (26.1.1990)

2019 Terrengultra DNF

**Staven, Birk** (28.2.2003)

2019 4x400 stafett U20 3 3:51.67, 1000 stafett G15/16 6 2:10.1

**Staveteig, Julian Skaale** (2.6.2004)

2019 Stav G15 5 3.00, Tresteg G15 9 10.86w

**Stavik, Gaute** (3.4.1973)

2019 24 timer ultra 12 174.431

**Stavik, Håkon** (30.3.2000)

2019 5000 h1 DNF, 1500 U20 4 3:58.77, 4h1 4:07.80, 6km terreng U20 1 18:17, 3000 G18/19 1 8:38.08

**Stavseng, Ådne Eide** (2.7.1998)

2019 Motbakke 92 67:04

**Steen, John-Arild** (9.5.1995)

2019 Lengde uten tilløp 3 3.26

**Steen, Kristian Trigueno** (22.7.2001)

2019 1000 stafett 5 1:59.11, 1x6km terrengstafett 18 17:04, 400 U20 4 50.71, 2h3 50.83, 1000 stafett U20 3 1:59.66, 2km terreng U20 15 5:44, 4x400 stafett U20 1 3:24.30, 200 G18/19 7s2 23.98, 2h3 23.55, 400 G18/19 9 (7h3) 50.95, 800 G18/19 12 (3h1) 1:59.34, 1000 stafett G17-19 3 (3h2) 2:01.96, 400 inne G18/19 h3 DNF

**Steig, Geir** (24.2.1995)

2019 Motbakke 8 45:44

**Steindal, Lukas** (22.7.2004)

2019 100 G15 6h4 12.72, 200 G15 7h2 26.32

**Steinshamn, Simon Nebijo Karlsen** (18.3.1999)

2019 10km terreng 21 32:34, 5000 U23 5 15:08.11

**Stenersen, Kristian** (15.9.2004)

2019 Motbakke 94 67:42

**Stengle-Håkonsen, Marius** (30.9.1980)

2019 Terrengultra 52 8:00.50

**Stensrud, Erlend Gløggård** (7.7.2003)

2019 Motbakke 31 54.17, 4km terreng G16 13 14:28

**Stevik, John Petter** (2.1.2003)

2019 800 inne G16 2 (2h2) 2:02.43, 1500 inne G16 2 4:19.60

**Stokke, Kjetil** (27.5.1991)

2019 10-kamp 1 4.414

**Store, David Bergmo** (31.10.2003)

2019 4km terreng G16 16 16:47

**Storfjord, Magnus** (17.4.2003)

2019 Tresteg U20 5 12.93, Tresteg G16 2 12.72w

**Strand, Einar** (7.2.1956)

2019 Motbakke 105 75:00

**Strand, Jørgen** (27.2.1978)

2019 Terrengultra 63 9:52:20

**Strupstad, John Henry** (21.1.1980)

2019 24 timer ultra 19 154.518

**Strømsvold, Benjamin Tveit** (22.9.2001)

2019 100 G18/19 6h3 11.71w, 200 G18/19 5h3 24.32

**Strønstad-Løseth, Thomas** (7.9.2003)

2019 1x6km terrengstafett 17 16:47, 400 U20 3h2 51.50, 800 U20 7 1:55.43, 3h3 2:00.67, 800 U20 3h3 2:00.67, 1000 stafett U20 1 1:57.61, 800 G16 1 (1h3) 1:58.40, 1000 stafett G15/16 1 2:05.1, 2km terreng G16 8 5.41, 4x100 G16 3 47.30, 4x600 G16 1 6:03.76

**Stuedal, Olav Bergan** (15.2.2000)

2019 4x100 stafett U20 4 45.72

**Støfring, Øystein** (7.2.2001)

2019 5000 U20 9 16.07.44, 6km terreng U20 14 19:49, 3000 G18/19 17 9:15.87

**Støle, Roy Kenneth** (18.10.1971)

2019 24 timer ultra 26 151.407

**Støle, Sebastian Bergqvist** (4.2.2004)

2019 Høyde G15 6 1.68, Lengde G15 5 5.44

**Stølen, Amund Solberg** (11.3.2002)

2019 400 G17 8 /4h1) 54.76, 800 G17 7 2:14.24, Lengde G17 7 3.56, 400 inne G17 4 54.31

**Stølen, Lars Gausemel** (4.9.1997)

2019 1000 stafett 2 1:54.72, 400 inne 2 49.53, 1h2 50.09, 4x400 stafett 2 3:20.56, 200 U23 3h3 22.33, 400 U23 1 48.93, 1h2 50.61, 1000 stafett U23 1 1:57.98

**Sunde, Amund Kårstad** (3.10.2001)

2019 Motbakke 76 62:39

**Sunde, Simen Alexander** (1.10.2004)

2019 800 G15 4 (4h2) 2:09.14

**Sundvor, Bjørn** (14.1.1984)

2019 Halvmaraton 27 1:17:91

**Svahn, John** (24.5.1944)

2019 Motbakke 102 72:45

**Svanø, Leif Erik Tronstad** (14.9.1978)

2019 Motbakke 68 61:16

**Svare, August Larem** (11.12.2003)

2019 Høyde G16 =6 1.64, Lengde G16 11 5.36w

**Svarva, Marcus Sebastian Andersen** (4.5.2004)

2019 4x400 stafett U20 2 3:46.01, 800 G15 6 (1h1) 2:09.77, 1000 stafett G15/16 DNF, 200 inne G15 4h6 26.41, 800 inne G15 6 (2h1) 2:18.81, 4x600 G16 5 6:15.22

**Sveen, August da Silva** (3.8.2004)

2019 800 G15 16 (9h2) 2:15.47, 2000 G15 12 6:10.96

**Sveinsson, Herman Hogstad** (28.2.2004)

2019 100 G15 5 11.71, 3s1 11.65w, 2h2 11.76, 200 G15 3 23.65w, 1h3 24.28

**Svela, Per** (19.3.1992)

2019 5000 2 (2h1) 13:55.28, 3000 inne 1 (1h2) 8:10.95

**Svellingen, Eivind Dørmænen** (27.9.1984)

2019 Terrengultra 15 6:15:25

**Svendheim, Tobias** (14.2.2004)

2019 2000 G15 10 6:06.25, 1500 hinder G15 1 4:44.84, 1000 stafett G15/16 7 2:10.8, 4x600 G16 4 6:13.12, 4km terreng G15 4 13:45

**Sverd, Vegard Dragsund** (1.6.1999)

2019 100 U23 5h1 11.73

**Svoren, Peter Horvati** (18.4.2001)

2019 400 U20 6 51.34, 2h1 51.19, 1000 stafett U20 DNS, 4x100 stafett U20 2 44.81, 4x400 stafett U20 2 3:46.01, 4x100 mixlag U20 1 45.55, 4x400 mixlag U20 3 3:59.71, 200 G18/19 5s1 23.75, 3h1 24.06, 400 G18/19 10 (3h2) 51.46, 200 inne G18/19 2h4 23.21, 400 inne G18/19 4 (3h3) 51.69

**Syrstad, Håvard** (12.4.2003)

2019 Tresteg G16 7 11.04, Kule G16 9 11.80, Diskos G16 9 31.43, Tresteg inne G16 7 10.94, Kule inne G16 6 11.83

**Syrstad, Thomas Hoel** (27.10.1996)

2019 1x6km terrengstafett 11 15:25, 10km terreng DNF

**Sælen, Ole-Håkon** (26.1.1960)

2019 Terrengultra 37 7:25:49

**Sæstad, Odd Inge** (24.4.1959)

2019 Halvmaraton 42 1:42:20

**Sæter, Petter Solhaug** (5.6.2004)

2019 4x600 G16 3 6:04.34

**Sæther, Runar Hjelen** (3.11.1975)

2019 Terrengultra DNF

**Sætre, Jon Temesgen Overå** (20.5.2001)

2019 800 8h1 1:56.63, 1500 9h2 4:04.48, 1500 inne 19 (4h1) 4:13.00, 3000 inne 13 (4h1) 8:56.30, 1x6km terrengstafett 3 14:44, 1500 U20 5 3:58.91, 5h2 4:06.90, 5000 U20 4 14:59.59, 2km terreng U20 6 5:16, 6km terreng U20 DNF, 800 G18/19 13 (10h2) 1:59.90, 3000 G18/19 4 8:47.34, 800 inne G18/19 8 (2h2) 2:02.04, 1500 inne G18/19 5 4:09.59

**Sørensen, Anders** (24.2.1996)

2019 3km terreng 10 7:45

**Sørgård, Jonas** (8.5.2001)  
2019 6km terreng U20 19 21:17

**Sørheim, Erlend Oskar** (26.11.2001)  
2019 1x6km terrengstafett 15 16:04, 2km terreng U20 14 5:40, 6km terreng U20 18 21:07

**Sørli, Marius Garmann** (26.8.1997)  
2019 10000 16 (15h2) 30:32.65, 5000 U23 1 14:50.50, 3000 hinder U23 2 9:09.16

**Sørtveit, Erlend Gjerdevik** (17.12.1994)  
2019 5000 24 (11h2) 15:18.95, 10000 34 (16h1) 32:00.05

**Søviknes, Kristian Holmeset** (17.8.81)  
2019 Motbakke 79 63:34

**Søvik, Sivert** (13.2.1949)  
2019 Motbakke 100 70:54

**T**

**Talsnes, Peder** (16.2.1996)  
2019 800 U23 4 1:57.51

**Tandstad, Henning** (27.12.1989)  
2019 Motbakke 88 65:54

**Tandstad, Jo Andre** (16.3.1985)  
2019 Motbakke 89 65:58

**Taranger, Bjørn Tore Kronen** (23.4.1979)  
2019 24 timer ultra 2 223.155

**Tarraldsen, Torstein** (29.11.1962)  
2019 Terrenkultra 28 6:50:28

**Tavari, Johan Glenderød** (24.1.1993)  
2019 60 inne 8h3 7.91

**Teigland, Johannes** (17.4.1995)  
2019 3000 inne 15 (6h1) 9:01.89, 3km terreng 24 8:06

**Teleb, Joachim** (10.2.2002)  
2019 4x100 stafett U20 3 45.68, 4x100 mixlag U20 3 45.70, 100 G17 5h3 12.04, Tresteg G17 6 12.06, 1000 stafett G17-19 7 (2h1) 2:07.24

**Tengsareid, Torstein** (3.2.1989)  
2019 Motbakke 1 42:05

**Tesfamichael, Isaac (ERI)** (1.7.1993)  
2019 5000 13 (11h1) 14:42.68, 10000 11 (11h2) 30:25.85, 10km terreng 15 31:55

**Thele, Joar Andreas** (7.7.1993)  
2019 10km terreng 17 32:09

**Thomassen, Christian Andre** (12.3.2003)  
2019 Høyde U20 =6 1.75, Lengde U20 13q 6.28, Tresteg U20 8 12.29, 200 G16 =6h2 25.06, Høyde G16 2 1.74, Lengde G16 5 6.01w, Tresteg G16 4 12.61w, Høyde inne G16 4 1.70, Lengde inne G16 6 5.71, Tresteg inne G16 1 12.32

**Thomassen, Fredrik** (6.5.2002)  
2019 2000 hinder G17 6 7:35.94, 200 inne G17 4h3 25.30, 800 inne G17 10 (5h1) 2:13.19

**Thomassen, Mikkel Blikstad** (13.10.2003)  
2019 4x1500 stafett DNF, Motbakke 16 48:57

**Thompson, Luca** (24.11.2000)  
2019 800 6 1:52.40, 3h1 1:52.29, 800 U20 2 1:51.94, 1h3 1:59.66, 1000 stafett U20 2 1:58.15, 200 G18/19 6 22.70, 3s2 23.32, 2h4 23.25, 400 G18/19 2 (2h3) 49.09, 800 G18/19 h2 DNF, 1000 stafett G17-19 2 (2h2) 1:56.06

**Thomsen, Marcus G.** (7.1.1998)  
2019 Kule 1 20.11, Kule inne 1 20.36, Kule U23 1 20.59

**Thorbjørnsen, Bendik Schartum** (13.2.1998)  
2019 800 U23 6 1:58.96

**Thorbjørnsen, John Elias Stange** (5.7.1994)  
2019 4x200 stafett inne 6 1:34.96

**Thoresen, Pål** (27.5.1970)  
2019 Terrenkultra 40 7:31:09

**Thorsen, Steffen** (18.4.1976)  
2019 Halvmaraton 33 1:33:04

**Thorud, Magnus Bø** (13.3.1986)  
2019 24 timer ultra 4 215.467

**Thrana, Daniel** (17.10.2002)  
2019 Spyd U20 8 51.31, Spyd G17 1 57.30

**Tjelta, Frode** (14.2.1975)  
2019 Halvmaraton 10 1:17:00, Maraton 4 2:46:33

**Tjønneland, Jann Olav** (13.2.1973)  
2019 Motbakke 28 53:31

**Tjørnholm, Kristian** (19.9.1995)  
2019 3km terreng 16 7:51, 1x6km terrengstafett 2 14:23

**Tobiassen, Eivind** (3.11.2003)  
2019 800 G16 28 (9h1) 2:15.90, 800 inne G16 7 (2h1) 2:08.38, 1500 inne G16 8 4:42.27

**Tobiassen, Karl-Magnus** (25.1.1975)  
2019 Motbakke 61 60:22

**Tobiassen, Piera Niillas** (27.5.1992)  
2019 Motbakke 17 49:02, 10km terreng 35 34:04

**Tollefsen, Oliver** (10.11.2004)  
2019 100 G15 8 11.94, 4s2 11.84, 3h3 11.96, 200 G15 4 23.67w, 2h3 24.29, 60 inne G15 2 7.50, 2s1 7.51, 2h2 7.58, 200 inne G15 2 23.81, 1h3 23.96

**Tolo, Henrik Vik** (23.4.1999)  
2019 10km terreng 38 34:11

**Tonning, Andreas Ullern** (26.12.2004)  
2019 2000 G15 18 6:24.56, 2km terreng G15 5 5:58, 4km terreng G15 10 14:11

**Torbjørnsen, Marius** (21.5.2003)  
2019 Høyde G16 =4 1.69, Lengde G16 12 5.33w, Tresteg G16 8 10.87

**Torjesen, Aksel Maute** (18.10.2004)  
2019 100 hekk G15 3 15.01, 300 hekk G15 4 (1h1) 42.74, Lengde G15 3 5.52

**Tornensis, Alf Ante Idland** (16.11.2000)  
2019 2km terreng U20 8 5:22

**Torsvik, Rein Åsmund** (17.3.1992)  
2019 Lengde uten tilløp 5 3.08, 10-kamp 2 4.268

**Tovari, Johan Glenderød** (24.1.1993)  
2019 Lengde uten tilløp 11 2.54

**Toverød, Henrik Schultze** (21.3.2004)  
2019 800 G15 14 (6h1) 2:13.54, 1000 stafett G15/16 8 2:16.0, 4x600 G16 6 6:15.64

**Triseth, Vegard** (26.3.1975)  
2019 Terrenkultra 13 6:13.38

**Tronslien, Marius Kristoffer** (2.1.1998)  
2019 Tresteg 4 13.85, Tresteg inne 5 14.24, Lengde U23 2 6.30, Tresteg U23 1 14.48

**Trydal, Vidar** (8.6.1972)  
2019 Halvmaraton 32 1:31:30

**Trælnes, Kjell Arne** (19.1.1980)  
2019 5000 26 (13h2) 15:25.01, 10000 23 (6h2) 31:26.68

**Tveit, Espen** (21.12.1991)  
2019 200 7h1 22.88, 400 5 49.77, 4h1 49.58, 1000 stafett 4 1:58.98, 400 inne 4 50.27, 2h2 50.33, 4x400 stafett 3 3:26.03

**Tveit, Odd Gunnar** (14.3.1964)  
2019 Maraton 23 3:48:28

**Tveit, Sigurd** (16.3.2000)

2019 800 4 1:51.66, 3h2 1:54.97, 800 U20 1 1:51.73, 2h1 1:58.51, 400 G18/19 4 (4h3) 49.75

**Tveite, Nils** (18.2.2002)

2019 3000 G17 7 9:15.71, 2000 hinder G17 3 6:36.61, 4km terreng G17 7 13:11

**Tveitå, Aanund Olavson** (13.9.2003)

2019 Stav U20 8 4.00, Lengde U20 5 6.64, 2q 6.60, Kule U20 2 15.05, 8q 13.01, Lengde G16 1 6.65w, Kule G16 2 15.88, Diskos G16 3 46.33, 60 inne G16 DNS, 2h2 7.55, 60 hekk inne G16 2 8.65, Lengde inne G16 4 5.81, Kule inne G16 14.46, 7-kamp inne G16 1 4.336

**Tvinnereim, Rasmus Bersvein** (14.1.2001)

2019 Motbakke 37 55:30

**Tøllefsen, Sindre** (30.1.2001)

2019 400 U20 4h2 51.90, 400 G18/19 13 (1h1) 52.02, 800 G18/19 14 (4h1) 2:00.49

**Tønnesen, Svein Erik Strand** (22.12.1987)

2019 800 inne 13 (4h2) 2:03.50, 1500 inne 18 (3h1) 4:12.36

**Tønnesen, Trym Halvard Sagstuen** (4.2.2000)

2019 5000 U20 3 14:57.10, 2km terreng U20 2 5:04, 6km terreng U20 8 19:05, 3000 G18/19 6 8:51.48

**Tønnessen, Arne** (1.9.1969)

2019 Halvmaraton 20 1:23:57

**Tønseth, Didrik** (10.5.1991)

2019 10km terreng 2 30:07

**Tørlien, Johannes** (20.8.2002)

2019 800 U20 5h1 2:02.37, 1500 U20 10h2 4:15.34, 400 G17 6 (2h1) 54.22, 800 G17 3 1:59.30, 2km terreng G17 4 5:16, 4km terreng G17 4 12:57

**Tørsdal, Ole Mikal** (21.6.1991)

2019 1500 inne 13 (5h2) 4:07.63, 3000 inne h1 DNF

**Tøraasen, Andreas Øyen** (17.3.2002)

2019 4km terreng G17 11 13:54

## U

**Ulriksen, Kristian** (2.10.1986)

2019 10000 31 (13h1) 31:54.90

**Ulset, Tord Franke** (6.5.2003)

2019 5000 U20 18 16:46.30, 800 G16 25 (7h1) 2:11.66, 3000 G16 7 9:16.04, 1500 inne G16 4 4:25.83

**Ulvund, Nikolai Røeggen** (24.1.2003)

2019 Kule U20 5 14.01, 4q 13.12, Kule G16 5 14.16, Diskos G16 6 37.03, Kule inne G16 3 13.44

**Undseth, Hans-Olav Ystheim** (16.2.1977)

2019 Terrenkultra 16 6:17:22

**Urset, Hans Gjermundsson** (7.4.2003)

2019 3000 G16 5 9:14.57, 1500 hinder G16 5 4:33.65

**Urseth, Hågen** (12.1.1988)

2019 10km terreng 43 34:45

## V

**Valborgland, Simon Berge** (11.06.2001)

2019 60 inne 7h4 7.41

**Vangsnes, Andreas** (19.8.2000)

2019 1500 5 3:49.91, 5h1 4:07.75, 1500 U20 3 3:57.40, 6h1 4:08.32

**Vaula, Jacob** (1.8.2001)

2019 100 5s2 10.98, 3h2 11.01, 200 6h1 22.43, 60 inne =4s3 7.00, 2h2 7.00, 100 U20 s1 DQ, 1h2 11.30, 200 U20 3 22.17, 1s1 22.10, 2h5 23.08, 100 G18/19 1 10.78w, 1h2 11.09w, 200 G18/19 h1 DNS

**Vebostad, Hagbart** (30.12.1941)

2019 Halvmaraton 47 2:00:35

**Vedvik, Jonatan Andersen** (4.5.2000)

2019 5000 10 (1h2) 14:38.95, 5000 U20 1 14:49.52, 6km terreng U20 3 18:30, 3000 G18/19 2 8:38.92

**Vedvik, Marius Øyre** (18.3.1992)

2019 5000 h1 DNF, 10000 5 (5h2) 29:59.20, 3000 inne 6 (6h2) 8:22.73, 3km terreng 1 7:24, 1x6km terrengstafett 2 14:05

**Vedvik, Oliver Andersen** (21.8.1998)

2019 1500 7h1 4:07.95, 1500 U23 8 4:00.99, 5000 U23 2 14:51.19

**Veiseth, Svenning** (24.12.2001)

2019 Spyd U20 9 49.99

**Veland, Simon Østreng** (9.11.2000)

2019 1500 inne 15 (2h1) 4:08.23, 1x6km terrengstafett 8 15:02, 2km terreng U20 7 5:20

**Velle, Henrik** (28.11.1991)

2010 10km terreng 50 36:27

**Vestad, Karsten Andre** (23.1.2001)

2019 Motbakke 22 50:20

**Vesterlid, Henrik From** (20.9.2004)

2019 Kule G15 4 13.10, Diskos G15 5 44.36, Slegge G15 3 48.82, 60 inne G15 8s2 7.89, 3h2 7.79, 200 inne G15 2h5 25.21, Kule inne G15 2 13.01

**Vigdal, Gard Reppen** (12.2.2003)

2019 800 G16 22 (5h1) 2:10.18, 3000 G16 12 9:32.60

**Vik, Anders** (7.3.2003)

2019 Kule G16 8 12.45, Diskos G16 2 48.66, Slegge G16 6 38.67

**Vik, Sondre Audahl** (26.1.2004)

2019 100 U20 5h3 11.93, Diskos U20 NM, 1000 stafett U20 DNS, 4x100 stafett U20 2 44.81, 100 G15 4 11.71, 2s2 11.80, 1h1 11.77, 60 inne G15 4 7.58, 3s2 7.61, 2h4 7.61, 200 inne G15 24.61, 1h5 24.75, Lengde inne G15 4 5.50, 3q 5.39, 4x200 inne G15-17 1 1:34.91, 4x100 G16 DNF

**Vike, Oskar Opstad** (7.1.2004)

2019 2km terreng G15 2 5:40, 4km terreng G15 2 13:07

**Viken, Ånung** (23.3.1993)

2019 1500 9 3:57.39, 6h2 4:01.93

**Vikås, Stian** (20.2.1982)

2019 Motbakke 83 64:19

**Vincent, Aiden Floyd** (8.3.2004)

2019 100 U20 4h1 12.05, 200 U20 3h5 23.46, 400 U20 3h1 51.32, 100 G15 3 11.61, 2s1 11.61w, 1h4 12.79, 200 G15 1 23.00w, 1h1 24.62, 100 hekk G15 4 15.68, 300 hekk G15 1 (1h2) 40.86, Tresteg G15 2 12.73w, Kule G15 11 10.93, Spyd G15 3 46.69, 1000 stafett G15/16 4 2:08.1, 60 inne G15 3 7.55, 1s2 7.54, 1h3 7.58, 200 inne G15 1 23.27, 1h1 23.56, 60 hekk inne G15 3 9.04, Lengde inne G15 2 6.15, 1q 5.94, Tresteg inne G15 1 12.55, Kule inne G15 3 12.84

**Vindheim, Endre** (30.4.1964)

2019 24 timer ultra 56 74.802

**Vingelen, Amund Grann** (17.7.2001)

2019 6km terreng U20 24 21:53

**Vogelsang, Abraham Sandvin** (11.2.2003)

2019 Høyde U20 4 1.85, Lengde U20 8 6.50, 5q 6.44, 100 hekk G16 3 14.53, Høyde G16 1 1.80, Lengde G16 3 6.31w, Spyd G16 2 54.21, Høyde inne G16 1 1.89, Lengde inne G16 1 6.38, 10-kamp G16 1 5.721

**Voldset, Enok** (24.4.1965)

2019 Motbakke 80 63:39

**Vukicevic, Vladimir Erik** (6.5.1991)

2019 110h 1 13.99

**Våer, Oliver Skov** (2.3.2001)

2019 Slegge U20 7 39.93, Slegge G18/19 5 39.82



**Vågbø, David Tesfaye Handeland** (8.7.2002)

2019 400 inne G17 6 57.78

**Vaage, Gunnar** (31.1.1950)

2019 Halvmaraton 36 1:35:46, Maraton 22 3:48:27

**Våge, Olav** (15.1.1971)

2019 Halvmaraton 43 1:43:41, Maraton 31 4:42:21

**Vågen, Andreas** (15.5.2000)

2019 6km terreng U20 15 19:53, 3000 G18/19 18 9:30.57, 2000 hinder G18/19 4 6:28.27

**Vaaje, Eivind Duelien** (24.7.2004)

2019 4km terreng G15 6 13:50

W

**Walaker, Per Ove** (28.3.1973)

2019 Motbakke 34 54:47

**Wang, Marius Liljeberg** (3.10.2001)

2019 1x6km terrengstafett 12 15:39, 800 U20 4h3 2:01.24, 1500 U20 8h2 4:09.57, 800 G18/19 16 (6h1) 2:00.78, 3000 G18/19 14 9:02.99

**Warholm, Karsten** (28.2.1996)

2019 400 1 45.54, 1h2 47.93, 400h 1 47.43

**Warlo, Didrik Hexeberg** (12.1.1999)

2019 800 3 1:49.59, 2h2 1:54.84, 800 inne 2 (2h3) 1:51.48, 4x400 stafett 2 3:20.56, 400 U23 2 49.01, 3h1 52.28, 800 U23 1 1:54.53, 1500 U23 1 3:53.84, 1000 stafett U23 1 1:57.98

**Warpe, Fabian August Furnes** (16.3.2003)

2019 Stav NM, Stav inne NM, Stav U20 2 4.60, Lengde U20 21q 5.56, 100 hekk G16 DNS, Stav G16 1 4.20, 60 hekk inne G16 5 9.07, Høyde inne G16 2 1.75, Stav inne G16 1 4.50

**Warvik, Magnus Winther** (29.7.1994)

2019 10000 22 (5h1) 31:09.90, 10km terreng 56 78:46

**Wathne, Daniel** (27.9.1990)

2019 Terrenkultra 53 8:05:28

**Wayu, Bereket Geda (ETH)** (6.10.2001)

2019 200 U20 5s2 23.50, 3h1 23.38

**Wedum, Sten Magnus Trovåg** (5.8.2004)

2019 4km terreng G15 9 14:04

**Weinberg, Fabian** (26.5.2001)

2019 Diskos U20 1 55.32, Spyd U20 NM, Diskos G18/19 1 59.24

**Weinberg, Myron** (9.12.1999)

2019 Spyd 5 64.14, Spyd U23 2 69.77

**Weiseth, Fredrik** (5.12.1994)

2019 Stav inne 4 4.70

**Weiseth, Mads** (1.12.2002)

2019 Høyde G17 4 1.70, Høyde inne G17 3 1.70, Lengde inne G17 4 5.53

**Werge-Olsen, Knut Arvid Tibor** (8.1.2003)

2019 100 U20 4h5 11.71, 200 U20 4h5 23.87, 100 G16 6 11.48, 2s1 11.42, 4h2 11.62, 200 G16 5s2 24.41, 4h1 24.64, 60 inne G16 3 7.38, 1h1 7.27, 200 inne G16 2h4 23.81

**Wergeland, Jan Erik** (10.10.1985)

2019 Halvmaraton 14 1:18:51

**Westerås, Lars Olav Gjærde** (21.12.1993)

2019 Motbakke 63 60:46

**Wibe, Jacob Pérez** (29.7.2003)

2019 800 G16 20 (7h2) 2:09.20

**Widsteen, Odin Johan** (22.10.2004)

2019 200 G15 7h1 26.05, Stav G15 3 3.40

**Wiig, Håkon Hansesæter** (5.4.2004)

2019 Tresteg G15 4 11.62w, Kule G15 5 12.99, Diskos G15 6 44.21, Slegge G15 6 37.99, Spyd G15 7 40.33, Høyde inne G15 4 1.65, Tresteg inne G15 3 11.55, Kule inne G15 7 12.28

**Wik, Patrick André** (5.10.2004)

2019 60 inne G15 6h1 8.14, 200 inne G15 3h5 26.35, 4x200 inne G15-17 2 1:38.61, 4x100 G16 1 46.15

**Wikshåland, Eivind Trym** (16.11.1997)

2019 1500 7h2 4:02.00

**Wilthil, Jørgen** (8.8.1972)

2019 Terrenkultra 46 7:49:27

**Windjusveen, Tobias** (27.8.2002)

2019 4x100 stafett 3 43.28, 100 U20 4s2 11.32, 1h5 11.28, 1000 stafett U20 DNS, 4x100 stafett U20 2 44.81, 4x100 mixlag U20 1 45.55, 100 G17 =3 11.02w, 2h2 11.14, 200 G17 DNS, 3h3 23.83, 60 inne G17 3 7.23, 2h1 7.29, 4x200 inne G15-17 1 1:34.91

**Wold, Morten Olaf** (10.4.1951)

2019 Halvmaraton 45 1:47:20, Maraton 25 3:59:00

**Waaen, Kristian** (5.3.1949)

2019 Terrenkultra 65 13:50:50, Maraton 30 4:28:49, 24 timer ultra 60 66.066

Y

**Ygård, Scott** (6.1.2003)

2019 1000 stafett U20 7 2:09.18, 100 hekk G16 2 14.46, 1000 stafett G17-19 9 (4h1) 2:12.88, 60 inne G16 4 7.43, 2h3 7.40, 60 hekk inne G16 1 8.26, Lengde inne G16 3 5.90, 7-kamp inne G16 2 4.118

**Yngvason, Baldur Snær** (13.10.2002)

2019 4x100 stafett U20 DNF

**Ytreaarne, Sondre Vie** (21.8.2001)

2019 Tresteg inne 2 14.99

**Ytterdal, Ludvik Markussen** (21.2.2001)

2019 6km terreng U20 20 21:18

**Yusif, Abdalla Targan (SUD)** (28.9.1996)

2019 3000h 2 9:10.61, 3km terreng 11 7:47, 1x6km terrengstafett 7 15:01

**Yusif, Salim Haroun Eljah (SUD)** (20.8.1990)

2019 5000 14 (3h2) 14:43.04, 10000 13 (13h2) 30:35.35

Z

**Zilinskas, Kajus (LTU)** (8.6.2004)

2019 1500 hinder G15 2 5:01.05, Høyde G15 5 1.68, Lengde G15 8 5.10, Lengde inne G15 q NM, Kule inne G15 11 10.53

Ø

**Ødegård, Runar** (15.8.1984)

2019 Motbakke 33 54:27

**Øderud, Thomas** (26.2.1979)

2019 24 timer ultra 53 89.544

**Øien, Olaf Einar** (31.5.1943)

2019 Motbakke 112 107:17

**Øiseth, Lukas Casey** (29.8.2004)

2019 100 G15 6h3 12.55, 200 G15 4h1 25.59, 60 inne G15 5h4 8.09, 200 inne G15 3h2 26.21

**Ølberg, Jo** (27.9.2003)

2019 800 inne G16 5 (5h2) 2:05.56, Tresteg inne G16 4 11.92

**Østerbø, Øystein Kvaal** (7.7.1981)

2019 1500 10h2 4:11.18

**Øverby, Pål August Graff** (24.9.1990)

2019 Terrenkultra DNF

**Øvereng, Fredrik Gerhardsen** (10.5.1999)

2019 400 DNS, 1h1 48.74, 200 U23 h1 DNF, 200 inne G20-22 1 21.89, 1h1 22.16, 400 inne G20-22 1 48.50

**Øvereng, Iver Strand** (18.4.2000)

2019 Lengde 8 6.62, Tresteg DNS, Lengde U20 DNS, 9q 6.39, Tresteg G18/19 3 13.30

**Øvre-Helland, Sondre S.** (1.2.1995)

2019 10000 26 (8h1) 31:36.79

**Øygard, Eivind** (18.2.1992)

2019 10000 9 (9h2) 30:14.69, 3km terreng 7 7:39, 1x6km terrengstafett 9 15:04, 10km terreng 8 30:49

**Øygard, Knut Olav** (18.2.1992)

2019 1x6km terrengstafett 9 15:04

Å

**Aaby, Isak** (6.9.1997)

2019 100 7s2 11.09, 4h4 11.07, 200 5h1 22.26

**Aakervik, Daniel** (13.2.2004)

2019 2000 G15 4 5:56.30

**Aakervik, Espen** (19.4.2001)

2019 5000 U20 14 16:20.50

**Aalerud, Jo Magnus Ryen** (20.8.2001)

2019 1000 stafett 7 2:01.57, 100 G18/19 h3 DNS, 60 inne G18/19 4h3 7.57, 200 inne G18/19 h5 DNS

**Aalerud, Per Ellef Ryen** (15.1.2000)

2019 1000 stafett 7 2:01.57, Tresteg inne 9 13.29, Tresteg U20 3 13.34, Kule U20 9 12.71, 10q 12.84, Lengde uten tilløp U20 4 2.92, 100 G18/19 3 11.08w, 1h1 11.01, Tresteg G18/19 4 13.28, Kule G18/19 5 12.17, 60 inne G18/19 4 7.20, 2s1 7.17, 2h3 7.19, Tresteg inne G18/19 3 13.06

**Aamodt, Oddbjørn Rune** (20.11.1961)

2019 Maraton 34 5:31:13, 24 timer ultra 44 111.460

**Aano, Erlend** (6.3.1982)

2019 Halvmaraton 11 1:17:04

**Aarlott, Torgeir** (10.3.1963)

2019 Halvmaraton 22 1:23:58

**Aarseth, Gunnar Hallvard Morch** (12.2.1958)

2019 Halvmaraton 40 1:40:18

**Aarvik, Stian Øvergaard** (24.4.1997)

2019 3000 inne 8 (8h2) 8:28.97, 3km terreng 9 7:43, 1x6km terrengstafett 3 14:44, Motbakke 5 45:08, 10km terreng 9 30:59

**Aas, Mathias Vanem** (16.4.2004)

2019 800 U20 6h3 2:09.83, 1500 U20 12h2 4:18.61, 800 G15 7 (6h2) 2:10.67, 2000 G15 3 5:54.45, 1000 stafett G17-19 10 (5h1) 2:15.55, 800 inne G15 1 (1h2) 2:09.53, 1500 inne G15 1 4:23.37, 4x200 inne G15-17 3 1:39.38, 2km terreng G15 1 5:30, 4km terreng G15 1 12:50

**Aasheim, Julian Skimmeland** (13.1.2003)

2019 100 G16 3 11.36, 2s2 11.42, 3h1 11.59w, 100 hekk G16 1 14.19, 400 hekk G16 1 39.77, Tresteg G16 1 13.25w

**Aasmo, Gaute Humstad** (4.10.2004)

2019 Høyde G15 8 1.55, Tresteg G15 6 11.46w

**Åstrand, Hampus Ludvig (SWE)** (6.9.2004)

2019 100 G15 =5 12.28, 200 G15 8h3 26.15, Lengde G15 11 4.53, 1000 stafett G15/16 DNF, 60 inne G15 8s1 7.92, 4h2 7.83, 200 inne G15 2h1 25.03, Lengde inne G15 13q 4.79, 4x100 G16 DNF, 4x600 G16 5 6:15.22

Kvinner

A

**Abotnes, Emma Moldestad** (4.2.2002)

2019 1000 stafett U20 6 2:23.94, Lengde uten tilløp U20 3 2.60, 100 J17 DNF, 3h1 12.84, Kule J17 9 10.11, 5-kamp inne J17 DNF, 7-kamp J17 5 4.043

**Abounnachat, Ibtissam** (16.8.2004)

2019 800 J15 24 (8h1) 2:43.33

**Aders, Hilde** (2.4.1991)

2019 Halvmaraton 1 1:17:34

**Aksland, Kristine** (30.4.2004)

2019 Stav J15 3 2.60, Stav inne J15 4 2.20, Lengde inne J15 10q1 3.94

**Albon, Henriette** (11.1.1991)

2019 6km terreng DNF

**Albrigtsen, Karoline** (25.7.2004)

2019 100 J15 6h3 13.72, Høyde J15 4 1.49, Tresteg J15 10 9.87, Spyd J15 8 25.80, 1000 stafett J15/16 7 2:33.92, 7-kamp J15 4 2.968

**Alne, Ingvild** (17.6.2004)

2019 3000 gang inne 5 18:20.70, 3000 gang inne 5 18:20.70, 2000 gang J15 DNF

**Alne, Kristine** (21.1.2002)

2019 800 U20 5h1 2:21.69, 1500 U20 8h2 4:50.23, 800 J17 5 2:22.72, 2000 hinder J17 1 7:28.67

**Alseth, Janne** (9.5.2003)

2019 4x800 stafett U20 1 9:41.94, 3000 J16 6 10:34.95, 1500 hinder J16 4 5:13.28

**Alsos, Anna Møinichen** (27.12.2001)

2019 60 inne 8h3 8.62

**Alternes, Eirin Wold** (12.10.2001)

2019 Slegge U20 10 34.51, Slegge J18/19 5 34.46

**Alvik, Sigrid** (30.5.2003)

2019 4x400 stafett U20 2 4:00.57, 4x800 stafett U20 1 9:41.94, 3000 J16 3 10:11.28, 1500 hinder J16 1 4:56.42, 800 inne J16 3 (3h2) 2:18.96, 1500 inne J16 3 4:50.26, 2km terreng J16 6 6:15, 4x600 J16 2 6:58.88

**Amlie, Sigrid Kongssund** (1.1.2002)

2019 400 7 59.34, 3h1 58.36, 60 inne 6h3 8.24, 200 inne 2h6 26.55, 4x400 mixlag U20 1 3:39.43, 400 J17 1 58.29, 200 inne J17 6 26.87, 1h2 26.56, 400 inne J17 6 (1h1) 60.51

**Amlien, Marie Fiedler** (27.6.2000)

2019 800 U20 7h2 2:26.27, 1000 stafett U20 7 2:29.64, 4km terreng U20 12 16:20, 800 J18/19 9 2:29.62, 400 hekk J18/19 3 67.87, Lengde J18/19 11 4.68, 400 inne J18/19 3 (1h1) 60.99, 800 inne J18/19 6 (4h2) 2:30.28, 60 hekk inne J18/19 7 9.98, 4h1 10.04

**Amundsen, Maren Bakke** (8.3.2003)

2019 100 6s2 12.31, 4h3 12.32, 200 7 25.15, 4s1 25.12, 2h4 25.77, 60 inne 6h1 8.09, 200 inne 3h7 25.83, 60 U20 3s2 12.48, 1h6 12.70, 200 U20 h2 DNS, 4x400 mixlag U20 1 3:39.43, 60 inne J16 4 7.93, 3s2 8.06, 2h3 8.03, 200 inne J16 2 25.07, 1h4 25.40

**Andreassen, Maiken** (28.5.2002)

2019 100 7h1 13.13, 4x100 mixlag U20 2 45.69

**Andresen, Lovise Skarbøvik** (17.1.2004)

2019 100 7s3 12.43, 5h3 12.41, 200 8s2 25.76, 3h3 25.65, 100h 7 14.44, 5h1 14.70, 60 U20 6 12.37, 1s3 12.43, 1h1 12.43, 100 hekk U20 3 14.59, 3h2 14.71, 100 J15 1 12.16w, 1s1 12.13w, 1h2 12.31, 200 J15 1 25.36w, 1s1 26.93, 1h4 27.14, 80 hekk J15 1 12.23, Kule J15 NM, 60 hekk inne J15 1 9.12, 1h1 9.17, Kule inne J15 6 9.80, 7-kamp J15 1 3.552

**Angelsen, Tonje** (17.1.1990)

2019 Høyde 1 1.86, Høyde inne 1 1.90

**Angermund-Vik, Elisabeth** (4.3.1981)

2019 Terrenultra 3 7:13:46

**Anglero, Mina Marie** (20.10.1997)

2019 800 2 2:07.28, 2h1 2:13.92, 1500 3 4:25.28, 2h2 4:42.25

**Antonsen, Henrikke** (21.8.2003)

2019 Slegge U20 8 38.82, Kule J16 13 9.05, Slegge J16 NM, Spyd J16 9 25.99, 1000 stafett J15/16 8 2:39.94, 1500 gang inne J16 4 9:15.02, Kule inne J16 11 8.67

**Antonsen, Idun Landgård** (31.1.2004)

2019 60 inne J15 7 8.51, 2h1 8.36, 200 inne J15 3h4 27.93, Lengde inne J15 7q1 4.33, Kule inne J15 9 8.14

**Antonsen, Pernille Karlsen** (13.12.2002)

2019 4x400 stafett U20 1 3:53.97

**Arntsen, Anne Hjorth** (21.6.2001)

2019 800 5 2:09.82, 3h1 2:13.96, 800 U20 2 2:11.38, 3h3 2:15.20, 800 J18/19 1 2:12.27, 3000 J18/19 3 9:55.09

**Arstein, Hanne** (3.8.2001)

2019 60 U20 5 12.34, 2s1 12.44, 1h5 12.44, 100 hekk U20 4 14.73, 2h2 14.70, 200 J18/19 2 25.19, 2h2 26.16, 100 hekk J18/19 2 14.45, 400 hekk J18/19 1 63.00, 60 inne J18/19 6 7.95, 3h1 8.03, 200 inne J18/19 3 25.46, 1h3 25.53, 60 hekk inne J18/19 5 9.23, 2h2 9.33

**Aspesletten, Julie Benedicte Bakkom** (10.9.1989)

2019 5000 11 17:42.56, 3000 inne DNF

**Aspaas, Helle Margrethe** (31.10.2002)

2019 Kule U20 14 8.44, Diskos U20 5 34.20, Kule J17 11 9.87, Diskos J17 5 33.60

**Augensen, Thale** (21.5.1999)

2019 4x400 stafett 1 3:46.46, 200 inne J20-22 4h2 27.94, 400 inne J20-22 4 62.55, 4x200 inne J18-22 3 1:46.15

**Aunan, Tuva** (18.11.2004)

2019 100 J15 7h1 13.75w, 200 J15 6h1 29.76

**Aune, Nora** (7.1.2004)

2019 200 U20 3h2 26.65, 1000 stafett U20 2 2:16.31, 200 J15 5 26.85w, 2s1 27.61, 2h1 28.29, 80 hekk J15 2 12.96, 1000 stafett J15/16 1 2:20.20, 200 inne J15 2 26.27, 1h4 26.59, 60 hekk inne J15 3 9.43, 2h1 9.36, 4x200 inne J15-17 1 (1h2) 1:43.97, 4x100 J16 1 49.29

**Austbø, Thea** (30.10.2001)

2019 1500 U20 10 4:41.00, 3000 U20 8 10:04.91, 2km terreng U20 5 5:57, 4km terreng U20 6 14:22, 800 J18/19 8 2:23.95, 3000 J18/19 2 9:54.45

**Austnes, Helene Olsen** (13.1.1999)

2019 Kule U23 3 10.75, Slegge U23 4 38.29, Kule inne J20-22 2 10.16

## B

**Bache, Cassandra Baptiste** (25.6.2000)

2019 100 J18/19 5h2 12.97, 200 J18/19 6h2 27.63

**Bakke, Hanna Hagevik** (20.4.2003)

2019 400 U20 3h4 58.44, 800 U20 3 2:11.63, 2h2 2:17.03, 800 J16 6 (6h2) 2:20.02, 3000 J16 5 10:34.86, 300 hekk J16 4 (4h2) 45.88, 800 inne J16 4 (4h2) 2:20.32, 1500 inne J16 4 4:50.32, 60 hekk inne J16 6h1 9.92, 4km terreng J16 7 15:49

**Bakke, Nora Pauline** (6.1.2003)

2019 100 J16 3h1 12.97w, 200 J16 5h3 28.86, 80 hekk J16 5 13.14, 4h2 13.02, 300 hekk J16 2 (2h2) 44.45, 60 inne J16 6s2 8.29, 3h2 8.24, 200 inne J16 2h2 26.26, 60 hekk inne J16 6 9.25, 3h2 9.31

**Bakke, Rakel** (23.12.2000)

2019 200 U20 4h4 27.29, 400 U20 2h3 60.33, 100 J18/19 DQ:R162.6, 3h1 12.62w, 200 J18/19 5h3 NT, 400 J18/19 4 60.41, 60 inne J18/19 3h3 8.22, 200 inne J18/19 3h1 26.66, 400 inne J18/19 4 (3h2) 61.27

**Bakkeliid, Else Lundestad** (25.12.1976)

2019 Diskos 6 45.50

**Bakken, Ine** (28.5.1996)

2019 1500 7h1 4:43.30, 5000 5 17:14.75, 3000 inne 7 10:12.73, 2km terreng 5 5:52, 6km terreng 9 21:32

**Bakken, Mali Eidnes** (18.12.2003)

2019 Motbakke 4 56:48, 800 J16 11 (3h1) 2:26.43, 3000 J16 4 10:16.65, 1500 hinder J16 2 5:07.92, 4km terreng J16 3 14:33

**Bakken, Mathilde Eidnes** (14.3.2001)

2019 Kule J18/19 9 8.45, Diskos J18/19 6 25.28, Kule inne J18/19 3 9.13

**Baklid, Guro Roan** (23.3.2000)

2019 100 J18/19 3 12.57, 2h2 12.58, 200 J18/19 DNS, 2h1 26.86, 1000 stafett J17-19 1 2:19.38, 60 inne J18/19 4 7.87, 2h1 7.94, 200 inne J18/19 5 26.58, 2h3 26.32

**Bakløkk, Jorunn Bjørkli** (1.1.1998)

2019 200 inne 3h2 27.74, 4x200 stafett inne 2 1:42.40

**Balchen, Brittanna Hovda** (17.4.2004)

2019 4km terreng J15 11 15:50

**Balendran, Shangave** (19.10.1994)

2019 Terrenkultra 5 7:25:05

**Bauge, Emma** (2.10.2003)

2019 3000 J16 7 10:55.81, 1500 hinder J16 7 5:36.14, 2km terreng J16 8 6:29, 4km terreng J16 6 15:37

**Baustad, Margrethe Jørgensen** (25.5.2000)

2019 800 inne 4 (3h2) 2:14.79, 4x200 stafett inne h1 DQ:R170.7, 800 U20 8 2:15.493h2 2:17.31, 2km terreng U20 7 6:03, 4km terreng U20 10 15:17, 800 J18/19 3 2:14.63

**Bazilchuk, Molly Strimbeck (USA)** (29.11.1990)

2019 Terrenkultra DNF

**Bekken, Rakel Færevag** ((16.9.2004)

2019 Tresteg U20 18q 10.11, Lengde J15 6 4.83w, 7q2 4.44, Tresteg J15 8 10.25

**Bekkestad, Maren Karlsen** (30.8.2003)

2019 3000 gang 3 14:39.73, 3000 gang inne 3 15:16.13, 3000 gang 1 14:43.69, 2000 gang J16 1 9:27.84, 800 inne J16 8 (4h1) 2:33.62, 1500 gang inne J16 1 6:59.80

**Bekkevik, Emma Skibstad** (19.8.2004)

2019 400 hekk U20 66.05, 3h1 65.76, 4x800 stafett U20 2 9:52.61, 4x400 mixlag U20 2 3:49.06, 800 J15 8 (6h3) 2:26.49, 300 hekk J15 1 46.81, 4x600 J16 3 7:20.21

**Benert, Britney** (22.5.2003)

2019 80 hekk J16 5h1 14.39, 60 inne J16 4h3 8.66, 60 hekk inne J16 8 9.51, 4h2 9.47

**Benjaminsen, Andrine** (23.7.1995)

2019 6km terreng DNF

**Benserud, Monika Elisabeth** (24.11.1996)

2019 Tresteg 2 12.88, Tresteg inne 2 12.69

**Berg, Alice Ulla** (29.1.1997)

2019 100 4s1 12.10, 3h5 12.18, 200 5s2 25.05, 3h1 25.48, 1000 stafett DNF, 200 inne 2h4 25.75, 4x200 stafett inne 3 1:44.36, 100 U23 2 12.29, 200 U23 3 25.59, 1000 stafett U23 2 2:19.53, 60 inne J20-22 2 7.69, 1h2 7.77, 200 inne J20-22 2 25.13, 1h2 25.18, 4x200 inne J18-22 2 1:45.44

**Berg, Malene Skaar** (5.10.2002)

2019 4x200 inne J15-17 4 (1h1) 1:49.72

**Berg, Marthe Mjøen** (4.3.1993)

2019 400h 5 62.81, 1000 stafett DNF

**Berg, Mille Baastad** (5.2.2004)

2019 4x400 mixlag U20 3 3:59.71, 200 J15 8s2 28.53, 5h2 28.56, 800 J15 22 (6h1) 2:38.38, 2km terreng J15 13 7:04, 4x600 J16 2 6:58.88

**Berge, Marit** (6.1.2003)

2019 Spyd J16 2 42.73, Høyde inne J16 12 1.45, 6q2 1.45, Tresteg inne J16 6 10.16

**Bergem, Tina Helen** (30.6.1994)

2019 100 7h4 13.16, 1000 stafett 3 2:27.20

**Berger, Christine** (30.1.1989)

2019 24 timer ultra 24 131.040

**Berger, Linda Jeanette** (18.8.1984)

2019 Motbakke 26 89:12

**Bergh, Hannah Emilie Qvenild** (26.6.2004)

**2019** 60 inne J15 3h3 8.43, 200 inne J15 5 27.36, 1h5 27.42, 4x200 inne J15-17 5 (4h2) 1:50.62

**Bergslid, Inger** (25.6.2004)

**2019** 800 J15 7 (2h2) 2:26.47, 300 hekk J15 3 50.26, 800 inne J15 7 (2h2) 2:27.18

**Besseberg, Emilie Agathe** (10.8.2004)

**2019** 800 J15 13 (4h2) 2:28.23, 2000 J15 11 7:01.26

**Biernacki, Josefina Maria** (12.11.2003)

**2019** 60 inne J16 6s1 8.36, 3h3 8.26, 60 hekk inne J16 1 8.83, 1h2 8.94, 4x200 inne J15-17 3 (3h2) 1:45.49

**Biørnstad, Josefine** (12.4.2002)

**2019** 100 J17 4h1 12.90, Lengde J17 11 4.20, 60 inne J17 6 8.22, 2h3 8.16, Lengde inne J17 10 4.61

**Bjerknesli, Maiken Rose** (28.7.2003)

**2019** Kule J16 6 10.67, Diskos J16 6 22.39, Slegge J16 11 25.85

**Bjordal, Jorunn Elisabeth Bakkevig Nagell**

(12.3.2002)

**2019** 60 inne 7h5 8.36, 4x200 stafett inne h1 DQ:R170.7, 100 J17 4h2 13.24, Lengde J17 10 4.42

**Bjørrgan, Kaja** (27.8.2004)

**2019** Spyd J15 4 29.96

**Bjørge, Malin Christensen** (9.7.2003)

**2019** Spyd J16 10 25.92

**Bjørneberg, Tirill Emilie** (5.8.2001)

**2019** 400 hekk U20 4h2 71.54, 400 J18/19 7 64.01, 400 hekk J18/19 4 69.56

**Bjørnstad, Amalie Grande** (7.2.2000)

**2019** 100 J18/19 6h1 13.13w, 200 J18/19 h1 DNS, 60 inne J18/19 4h2 8.21, 200 inne J18/19 5h1 27.91, 4x200 inne J18-22 5 2:00.57

**Bjørnu, Solveig** (24.6.2003)

**2019** Tresteg J16 NM, Spyd J16 7 29.58, Høyde inne J16 q2 NM, Lengde inne J16 6q2 4.45, Tresteg inne J16 12 9.69

**Blegen, Anna Mathilde** (7.3.2003)

**2019** 300 hekk J16 8 (2h1) 48.59, Kule J16 12 9.18, 1000 stafett J15/16 3 2:24.02

**Bock, Elea Jørstad** (4.11.2002)

**2019** 100 7s1 12.43, 4h4 12.42, 200 6h3 25.86, 4x100 stafett 2 50.24, 60 U20 3s3 12.55, 2h1 12.64, 100 hekk U20 DNF, 2h1 14.54, 60 inne J17 3 8.00, 1h2 7.98, 60 hekk inne J17 2 8.93, 4x200 inne J15-17 3 (3h2) 1:45.49

**Boge, Anita Pedersen** (18.1.2001)

**2019** 60 inne 8h1 8.56

**Boming, Kaisa Victoria Liene** (12.2.2004)

**2019** Lengde J15 9 4.55w, 3q1 4.37, Tresteg J15 5 10.33w

**Borén, Maija Liina Serafiina (FIN)** (21.6.2004)

**2019** Stav J15 1 3.00, 1500 inne J15 9 5:09.10, Stav inne J15 2 3.10

**Borgen, Sophia Olivia** (3.5.2004)

**2019** 60 inne J15 8h2 9.16, 200 inne J15 3h1 30.57, 60 hekk inne J15 6h2 10.56, Høyde inne J15 7 1.35, Lengde inne J15 12 4.38, 6q1 4.39, 4x200 inne J15-17 7 (3h1) 1:57.24

**Brandal, Leonita Sofi** (4.4.2002)

**2019** 200 U20 5h2 28.56, 400 U20 4h3 64.53, 200 J17 5h2 29.69, 400 J17 6 64.13, 200 inne J17 3h5 27.41, 400 inne J17 8 (3h1) 62.33, 4x200 inne J15-17 4 (1h1) 1:49.72

**Brandt, Torunn** (31.1.1964)

**2019** Maraton 17 4:23:38

**Bratland, Lea Sofie** (4.4.2003)

**2019** 4km terreng J16 11 17:55

**Brattebø, Eline Høvik** (27.3.2004)

**2019** 100 J15 5h2 13.60, 200 J15 7h4 29.68

**Bredenbekk, Hannah Olsen** (12.4.2003)

**2019** Høyde J16 =9 1.48

**Breigan, Ida Andrea** (22.7.2004)

**2019** 4x100 stafett 1 48.30, 4x400 stafett 2 3:46.67, 4x100 mixlag U20 3 45.70, 60 inne J15 1 8.02, 1h1 7.98, 200 inne J15 1 25.51, 1h1 26.34, Lengde inne J15 1 5.34, 1q2 5.00

**Breilid, Mari** (5.10.1998)

**2019** 1000 stafett 3 2:27.20

**Brekke, Emilie** (30.4.1999)

**2019** Motbakke 22 75:05

**Brekke, Marie** (11.10.2000)

**2019** Høyde 8 1.65, Høyde U20 3 1.66, Høyde J18/19 1 1.65, Høyde inne J18/19 1 1.60

**Bremset, Thale Leirfall** (12.4.1999)

**2019** 100 5s1 12.25, 3h2 12.22, Lengde 3 5.85, 3q 5.87, Lengde inne 3 5.97, 1q2 5.68, 200 U23 2 25.12, Lengde U23 1 6.00

**Bremset, Thea Leirfall** (12.4.1999)

**2019** Høyde 2 1.75, Lengde 15q 5.21, 60 inne 4s3 7.82, 2h2 7.82, Høyde inne 3 1.75, Høyde U23 1 1.69, Lengde U23 3 5.55

**Brenne, Eilén** (27.4.2003)

**2019** 800 4 2:09.61, 2h2 2:14.35, 400 U20 3 59.41, 2h1 58-43, 800 U20 1 2:09.16, 1h2 2:16.65, 1000 stafett U20 4 2:19.97, 100 J16 6h2 13.36, 200 J16 6s2 27.60, 3h4 27.69, 300 hekk J16 5 (5h2) 45.89, 1000 stafett J17-19 4 2:25.41

**Brennhovd, Ingvild Julie Schrøder** (17.1.2003)

**2019** 3000 J16 DNS, 2km terreng J16 4 6:09

**Brennskag, Hilde** (17.8.1997)

**2019** 1500 U23 4 4:50.73

**Bressand, Julie Marie Tangerås** (20.7.1997)

**2019** Tresteg 6 11.92, Tresteg inne 8 11.32, Lengde uten tilløp 7 2.45, Lengde U23 6 4.97, Tresteg U23 2 11.50

**Bringedal, Mathea Ekberg** (13.3.2004)

**2019** 4x100 stafett U20 DQ:R170.14, 4x100 J16 2 54.18

**Brubak, Mari Gilde** (10.11.1990)

**2019** 60 inne 5 7.72, 2s1 7.71, 2h4 7.72

**Bruknaapp, Heidi Ann** (13.1.1991)

**2019** 4x800 stafett 2 9:38.58

**Brun, Mia Ribe** (5.1.2004)

**2019** Slegge U20 NM, Slegge J15 1 48.61

**Brusveen-Jensen, Tuva Anine** (30.10.2003)

**2019** 3000 J16 10 11:14.22, 2km terreng J16 9 6:31, 4km terreng J16 5 15:31

**Bugge, Maria Elise Calizo** (1.6.2003)

**2019** Høyde J16 11 1.43, Slegge J16 7 39.07

**Bui, June Kieu-Van Thi** (14.2.1992)

**2019** 24 timer ultra 18 144.679

**Bulling, Alva Tomine Skar** (5.4.2003)

**2019** Tresteg inne J16 15 8.87, 4x200 inne J15-17 h2 DQ:R170.7

**Buras, Anisa** (24.5.2004)

**2019** 1500 U20 11h2 5:05.93, 800 inne J15 1 (1h3) 2:20.79, 1500 inne J15 1 4:53.91, 2km terreng J15 1 6:05, 4km terreng J15 10 15:32

**Busic, Sara** (11.2.2002)

**2019** 800 6 2:13.25, 1h2 2:14.22, 800 U20 6 2:13.89, 2h1 2:18.15, 1500 U20 9 4:38.33, 5h1 4:39.80, 800 J17 1 2:13.50

**Bye, Susanne Nisansela** (29.3.2002)

**2019** 1000 stafett J17-19 3 2:23.15, 60 inne J17 5h2 8.57, 200 inne J17 4h5 27.50, 4x200 inne J15-17 5 (4h2) 1:50.62

**Bøe, Lisa** (11.9.2002)

**2019** 400 J17 5 63.82, 800 J17 4 2:22.08

**Bøtun, Julie** (21.3.1984)

2019 Halvmaraton 13 1:44:34

C

**Cakure, Elizabete Elina (LAT)** (30.7.2003)

2019 Høyde inne J16 =3 1.58, =1q1 1.45

**Caliskaner, Line Sevilhaug** (1.6.1972)

2019 24 timer ultra 9 167.718

**Camara, Fatou** (1.9.2003)

2019 Kule U20 7 11.09, Lengde J16 9 4.48w, Kule J16 2 11.93, Lengde inne J16 8q2 3.89, Tresteg inne J16 11 9.87, Kule inne J16 1 12.44

**Carlsen-Brown, Kaja** (11.8.2004)

2019 200 U20 5h1 27.10, Lengde U20 19q 4.66, 200 J15 6 27.03w, 4s1 28.15, 1h1 27.81, Lengde J15 DNS, 2q1 4.49, 1000 stafett J15/16 2 2:20.68

**Cederkvist, Astrid Mangen** → Ingebrigtsen, Astrid Mangen

**Christie, Caroline** (6.11.1978)

2019 Motbakke 14 67:57

**Cole, Hannah Cobola** (16.8.2004)

2019 100 J15 6s2 13.19w, 3h3 13.11, 200 J15 6s2 28.37, 3h1 28.44

**Collett-Østensen, Henriette I.** (26.4.2004)

2019 1000 stafett U20 5 2:22.39, 200 J15 4h1 28.73, Høyde J15 =10 1.41, Lengde J15 6q1 2.89, Tresteg J15 9 9.92, 1000 stafett J15/16 4 2:27.72, 60 hekk inne J15 5h2 10.32, Lengde inne J15 10 4.51, 5q2 4.58, Tresteg inne J15 5 9.62, Kule inne J15 11 7.89, 5-kamp inne J15 2 2.721, 7-kamp J15 3 3.032

**Colleuille, Camilla Lunde** (20.4.1999)

2019 4x400 stafett 3 4:10.38, 400 inne J20-22 3 62.13, 800 inne J20-22 1 2:24.94

D

**Dahl, Guro Martine Brøndbo** (20.7.2004)

2019 Kule J15 3 10.55, Diskos J15 4 30.17, Slegge J15 6 35.03, 60 inne J15 6h2 8.72, Kule inne J15 5 9.89

**Dahl, Thea Marianne** (24.7.2004)

2019 Kule J15 14 8.88, Slegge J15 9 30.79

**Dahlen, Ane** (6.6.1994)

2019 Spyd 1 55.29

**Dale, Elin Maria Forsberg** (8.12.1996)

2019 Høyde NM

**Dame, Ida Kiri** (13.10.2002)

2019 100 hekk J17 5 16.37, 60 inne J17 6h1 8.33, 60 hekk inne J17 7 10.02

**Dammen, Andrea Kristiane** (23.5.2000)

2019 200 J18/19 4h1 27.48, Lengde J18/19 10 4.86, Tresteg J18/19 11 10.02w, 1000 stafett J17-19 3 2:23.15, 200 inne J18/19 2h2 26.98, Lengde inne J18/19 8 4.89, Tresteg inne J18/19 6 10.98, 4x200 inne J18-22 3 1:46.15

**Davidova, Erika (EST)** (11.5.2003)

2019 200 U20 6h6 27.63, 100 J16 5h2 13.23, 200 J16 8s2 28.27, 4h2 28.05

**Deckers, Godelieve Andrea Cornelia** (2.4.2001)

2019 800 inne J18/19 8 2:34.56

**Delphin, Miriam** (20.5.1970)

2019 24 timer ultra 30 94.600

**Dencker, Evie Kalnes** (4.5.2001)

2019 800 U20 6h2 2:20.65, 1500 U20 9 4:53.11, 800 J18/19 7 2:21.98

**Dessingué, Thea** (25.9.2004)

2019 300 hekk J15 2 49.32, 1000 stafett J15/16 5 2:28.10

**Dhir, Emma Nataalie Hagen** (3.2.1999)

2019 100 6h3 12.67, 1000 stafett 3 2:27.20, 100 U23 3 12.60

**Dixon, Frida Rose** (14.11.2003)

2019 Kule J16 NM, Slegge J16 9 31.48, Kule inne J16 6 10.39

**Dolvik, Anne Skudal** (21.2.1988)

2019 400 3 57.37, 2h2 58.77

**Dommersnes, Kristine Lande** (20.5.1999)

2019 1500 6 4:26.64=4h2 4:42.53, 1500 inne 3 4:28.31, 3000 inne 5 9:56.53, 2km terreng 3 5:41, 1x6km terrengstafett 3 16:45, 6km terreng 6 21:20, 1500 U23 1 4:30.89, 3000 U23 1 9:51.19

**Dormagen, Lea Taraldsrud** (15.12.2001)

2019 100 J18/19 5h1 12.95w, Lengde J18/19 2 5.52

**Doudu, Tracie Appiadjei** (11.3.2003)

2019 100 J16 7h2 13.52, 200 J16 5h1 28.71, 60 inne J16 6 8.60, 200 inne J16 4h5 27.47

**Drabløs, Mari** (22.6.1998)

2019 400 inne 2 56.44, 1h1 56.45

**Drønen, Ane** (15.5.2001)

2019 200 J18/19 7h2 28.38, 400 J18/19 6 63.23

**Dullum, Nora Kjærnet** (21.9.2000)

2019 Tresteg U20 DNS, 9q 10.97, Tresteg J18/19 6 10.27w, Lengde inne J18/19 7 4.92, Tresteg inne J18/19 5 11.34

**Dvergsdal, Eli Anne** (19.11.1991)

2019 5000 4 17:02.88, 10000 4 35:53.94, 1500 inne 5 4:38.83, 3000 inne 3 9:44.40

**Dvergsdal, Maria** (25.9.1985)

2019 Motbakke 9 62:59

**Dæhlen, Marie Holtet** (13.11.2000)

2019 4km terreng U20 13 16:38

E

**Edland, Malin** (31.3.1999)

2019 800 DNS, 4h1 2:14.05, 1500 11 4:36.04, 3h1 4:40.92, 2km terreng 2 5.41, 1500 U23 2 4:38.00

**Edwardsen, Randi** (4.10.1966)

2019 24 timer ultra 34 61.698

**Egeland, Ida Nipen** (29.8.1983)

2019 Motbakke 17 71:57

**Eid, Hanna** (14.8.1997)

2019 400 6 59.19, 3h2 59.13

**Eid, Telma** (29.3.1998)

2019 60 inne 6h5 8.32, Høyde inne 7 1.55, Høyde uten tilløp 2 1.30, Lengde uten tilløp 8 2.31, 100 hekk U23 3 15.37, Høyde U23 2 1.63, Lengde U23 4 5.34, Tresteg U23 3 11.15, 60 inne J20-22 6h2 8.43, 60 hekk inne J20-22 2 9.64, Høyde inne J20-22 3 1.60, Lengde inne J20-22 6 4.86, Tresteg inne J20-22 4 10.91

**Eide, Rachael** (6.4.1999)

2019 4x400 stafett 3 4:10.38

**Eiken, Cecilie** (31.5.1982)

2019 4x800 stafett 2 9:38.58

**Eikeng, Ida** (25.6.1999)

2019 100h 2 13.52, 1h1 13.69, Spyd 7 47.29

**Ejisi, Sarah Chidera** (26.2.2004)

2019 60 inne J15 5 8.31, 2h2 8.36, 200 inne J15 3 26.32, 1h2 26.56, 4x200 inne J15-17 3 (3h2) 1:45.49

**Ekern, Karianne** (3.5.1970)

2019 Terrengultra 13 10:11:47

**Ellingen, Anne** (22.5.2001)

2019 Kule inne J18/19 6 7.22

**Ellingsen, Ingrid Sætre** (16.11.2003)

2019 100 J16 6 13.56w, 200 J16 6h1 28.84, 60 inne J16 6h2 8.77, 200 inne J16 4h1 28.68

**Eltervaag, Elise Marlén Slette** (20.12.2001)

**2019** 60 inne J18/19 6h2 8.64, 60 hekk inne J18/19 6h2 10.72, Høyde inne J18/19 6 1.55, Lengde inne J18/19 12 4.55, Kule inne J18/19 4 8.83

**Endresen, Cecilie Lervik** (4.7.2001)

**2019** 60 inne 7h3 8.35, 100 J18/19 8h1 13.34w, 200 J18/19 6h1 28.82

**Enes, Wenche Godtskalksdotter** (30.6.1968)

**2019** Motbakke 11 66:25

**Engdahl, Selma Løchen** (20.12.2001)

**2019** 800 U20 4h2 2:17.94, 1000 stafett U20 7 2:29.64, 4km terreng U20 7 14:43, 800 J18/19 5 2:17.89

**Engebreetsen, Synne Marie** (31.7.2002)

**2019** Stav 7 3.20, Stav inne 4 3.20, Stav U20 3 3.30, Tresteg U20 19q 9.48, Stav J17 NM, Stav inne J17 1 3.20

**Engen, Vibeke** (3.8.2002)

**2019** Spyd U20 1 45.09, Spyd J17 1 48.02

**Engesæth, Andrea Modin** (6.7.2001)

**2019** 1500 8 4:29.93, 6h2 4:43.35, 1500 U20 4 4:34.82, 2h1 3:38.67, 2km terreng U20 2 5:46, 4km terreng U20 3 13:52, 2000 hinder J18/19 1 6:45.95

**Engevik, Hannah Berntzen** (13.5.2002)

**2019** 1x6km terrengstafett 6 17:56, 800 inne J17 5 2:25.32, 1500 inne J17 1 4:53.18, 2km terreng J17 3 6:09

**Epland, Pernilla Eugenie** (29.11.1990)

**2019** 5000 3 17:00.80, 3000 inne 1 9:34.20

**Eriksen, Emma Sofie** (5.7.2002)

**2019** 400 J17 3 60.29, Lengde J17 6 4.82, Tresteg J17 3 11.14, 200 inne J17 2 25.97, 1h3 26.06, 400 inne J17 4 (4h2) 58.65, Lengde inne J17 1 5.51, Tresteg inne J17 1 11.51

**Eriksen, Frøya** (7.7.2003)

**2019** Høyde J16 12 1.43, 60 hekk inne J16 6h2 9.79, Høyde inne J16 2 1.61, =1q1 1.45, 5-kamp inne J16 4 2.972

**Ertzgaard, Astri Ayo Lakeri** (28.3.2002)

**2019** 60 inne 4s2 7.91, 4h5 7.91, 200 inne 2h5 25.29, 4x200 stafett inne 1 1:41.26, 200 U20 DNS, 2s2 25.08, 1h5 25.46, 4x100 stafett U20 1 48.68, 5-kamp inne J17 2 3.514, 7-kamp J17 4 4.215

**Ertzgaard, Kaitesi Auma** (20.7.2000)

**2019** 60 inne 3s3 7.80, 4h4 7.88, 200 inne 1h6 24.99, 4x200 stafett inne 1 1:41.26, 200 U20 3 25.08, 2s1 24.71, 1h4 26.00, 1000 stafett U20 1 2:16.04

**Ervik, Marthe Skryten** (18.3.1996)

**2019** 6km terreng 30 24:58

**Evensen, Iselin** (22.4.2004)

**2019** 100 J15 6s1 13.05w, 3h4 13.09w, 200 J15 4 26.46w, 1s2 26.89, 1h3 27.20

**Evensen, Juni Østli** (19.1.2001)

**2019** 60 inne J18/19 5h2 8.27, 60 hekk inne J18/19 3 9.04, 2h1 9.10

**Evensen, Marianne** (26.9.1996)

**2019** 60 inne 5s2 7.93, 3h5 7.88, 200 inne 2h2 25.84

**Evensen, Martine** (22.4.2004)

**2019** 800 J15 15 (6h2) 2:29.85, 2000 J15 14 7:03.79

**Evensen, Mia** (25.11.2002)

**2019** 100 8s1 12.68, 6h5 12.66, 4x100 mixlag U20 2 45.69

F

**Fagerli, Maria Helene** (20.8.2001)

**2019** 60 inne 6s2 7.96, 1h1 7.84, 200 inne 2h2 26.64, 60 U20 4s2 12.58, 2h6 12.73, 200 U20 3h3 26.44, 100 J18/19 2 12.36, 1h2 12.54, 60 inne J18/19 2 7.84, 2h3 7.83, 200 inne J18/19 6 26.66, 3h3 26.44

**Falch, Runa Skrove** (23.6.1990)

**2019** 5000 2 16:43.98, 10000 3 35:26.25, 4x800 stafett 1 9:21.10

**Falk, Therese** (5.8.1975)

**2019** Maraton 6 3:27:49, 24 timer ultra 1 234.270

**Fallingen, Lotta Flatum** (19.9.2002)

**2019** Diskos 5 46.76, Kule U20 2 12.83, Diskos U20 2 46.68, Kule J17 1 14.91, Diskos J17 2 44.75

**Farbu, Astri** (26.3.2000)

**2019** 200 inne J18/19 3h4 27.40, 400 inne J18/19 5 (4h2) 61.81

**Fearnley, Sonia Elisabeth** (28.1.2003)

**2019** Spyd U20 6 32.41, Spyd J16 5 37.50

**Fenne, Hilde Røystrand** (31.1.1984)

**2019** 6km terreng 10 21:36

**Fiske, Nora Berg** (22.6.2004)

**2019** 100 J15 6h4 13.62w, 200 J15 6s1 29.31, 4h3 28.58

**Fjellanger, Kristine** (6.12.1992)

**2019** 6km terreng 27 23:38

**Flatin, Frida Møller** (28.9.1997)

**2019** 3000 gang 4 17:44.75, 3000 gang inne 1 14:38.87

**Fleischer, Caroline Sophie Røhm** (26.10.1996)

**2019** Høyde 5 1.70

**Flaatten, Kristine** (9.12.2001)

**2019** 1000 stafett U20 4 2:19.97, 200 J18/19 7h3 NT, 1000 stafett J17-19 4 2:25.41

**Forseth, Kari** (4.4.2003)

**2019** 800 inne J16 6 (2h1) 2:30.49, 1500 inne J16 5 5:21.98, 4km terreng J16 10 17:17

**Franck-Petersen, Birthe** (18.3.2001)

**2019** Kule 4 12.19, Kule inne 2 12.16, Kule U20 3 12.21, Slegge U20 5 44.75, Lengde uten tilløp U20 7 2.36, Kule J18/19 1 11.33, Slegge J18/19 3 45.15

**Frantzen, Synnøve Julseth** (13.12.2000)

**2019** 200 inne J18/19 3h2 27.62

**Fredriksen, Kaja Kotte** (5.3.2002)

**2019** Diskos J17 7 25.86, Slegge J17 5 41.69

**Fredriksen, Solveig** (16.12.1992)

**2019** Diskos 7 44.83, Slegge NM, Kule inne 12.51

**Fremmesvik, Aurora** (23.7.2003)

**2019** 300 hekk J16 9 49.07, Slegge J16 6 39.66, 1000 stafett J15/16 7 2:39.94

**Frenay, Tessa (den Heijer)** (27.2.1996)

**2019** 1500 inne 2 4:27.01, 3000 inne 2 9:36.55

**Frigstad, Melinda** (12.4.1985)

**2019** Halvmaraton 9 1:30:09

**Frydenlund, Synne** (2.5.1997)

**2019** 100 5h4 12.70, 200 5s1 25.44, 4h3 25.66, 60 inne J20-22 4 7.95, 3h2 7.99, 200 inne J20-22 3 25.25, 2h2 25.60

**Frøystad, Ingeborg** (27.3.2000)

**2019** Lengde J18/19 14 4.22, Spyd J18/19 2 30.09

**Furre, Olea Villa** (5.11.1993)

**2019** 3000h 3 11:19.10, 1500 inne 6 4:42.32, 3000 inne 8 10:15.61

**Furuhaug, Malin** (4.12.2002)

**2019** 100 8s2 12.62, 5h2 12.65

**Færø, Bertine-Helene** (27.12.1992)

**2019** 1500 10h2 4:47.26, 4x800 stafett 2 9:38.58

**Følling, Marianne** (10.9.1962)

**2019** Maraton 16 4:18:59, 24 timer ultra 15 151.038

G

**Garvik, Sigrid Andrine** (24.2.2002)

**2019** 100 J17 5h2 13.65, 60 inne J17 6h3 8.53, 200 inne J17 4h3 27.80

**Gateman, Anne Linnea Malmquist (SWE)** (28.9.2001)

**2019** 200 J18/195 26.21, 3h2 26.41, 200 inne J18/19 h2 DNF, 400 inne J18/19 2 (2h2) 59.90

**Gaustad, Julie Margrete** (30.5.1996)

**2019** Tresteg 5 11.92, Tresteg inne 4 12.30

**Gautadottir, Marin Stray (ISL)** (26.5.2003)

**2019** 200 5h4 26.64, 400h 7 65.53, 1000 stafett 1 2:15.34, 4x400 stafett mixlag 1 3:39.1, 400 U20 3h1 58.90, 400 hekk U20 3 64.83, 1h2 66.62, 200 J16 6 26.05, 3s2 27.02, 2h2 27.05, 300 hekk J16 1 (1h2) 44.41, 1000 stafett J15/16 5 2:28.10

**Gilje, Elisabeth Stemshaug** (16.11.2004)

**2019** 4x100 stafett U20 DQ:R170.14, 100 J15 8h2 13.93, Kule J15 7 9.96, 4x100 J16 2 54.18

**Gjerland, Emma Sophie** (22.3.2003)

**2019** 100 J16 4 13.17, 200 J16 4h3 28.80, 80 hekk J16 4 12.85, 3h2 12.97, 300 hekk J16 10 (4h1) 49.53, Lengde J16 7 4.94, 60 inne J16 7s1 8.47, 4h4 8.35, 200 inne J16 4h2 28.53, 60 hekk inne J16 7h1 11.40, Lengde inne J16 q1 NM, 5-kamp inne J16 6 2.811

**Gjerstad, Hedda Madeleine** (28.10.2003)

**2019** 2km terreng J16 11 6:53

**Gjølberg, Sigrun** (22.10.1991)

**2019** 5000 DNF

**Glittenberg, Siri Gamst** (10.9.2002)

**2019** 3000 gang 2 14:25.00, 3000 gang inne 2 14:39.92, 5000 gang 2 26:32.1, 800 U20 8h1 2:30.81, 3000 gang 2 15:33.99, 2000 hinder J17 2 8:18.98, 2000 gang J17 1 10:57.32, 800 inne J17 4 2:24.13, 1500 inne J17 5:13.19, 1500 gang inne J17 1 6:43.47

**Gran, Malin Riise** (4.1.2002)

**2019** 100 J17 5h1 13.21, 60 inne J17 4h3 8.33

**Gran, Solveig Bustgård** (2.3.2002)

**2019** 200 U20 3h4 26.67, 100 J17 4 12.68, 2h3 12.85, 300 hekk J17 3 47.19

**Granheim, Sofiia Anna Kristina (SWE)** (15.2.1983)

**2019** 24 timer ultra 13 157.281

**Granly, Embla Amanda Bi** (23.9.2001)

**2019** 60 inne J18/19 6h3 8.55, Tresteg inne J18/19 9 10.42, 4x200 inne J18-22 4 1:50.97

**Greiff, Linnea** (16.5.1998)

**2019** Spyd 10 40.98, Spyd U23 3 37.80

**Grell, Juliane Rosenvinge** (11.4.2002)

**2019** 4x100 stafett 1 48.30, 60 U20 4s3 12.77, 3h6 12.85, 4x100 mixlag U20 3 45.70, 60 inne J17 4 8.16, 3h1 7.20, 200 inne J17 3h2 26.73

**Grenan, Annikka** (30.4.2004)

**2019** 200 inne J15 2h3 27.59, 800 inne J15 6 (1h2) 2:27.17, 1500 inne J15 6 5:04.64, 4x200 inne J15-17 7 (3h1) 1:57.24

**Grenersen, Ingeborg Marie Kjerulf** (6.11.2003)

**2019** Lengde J16 8 4.64w, Slegge J16 NM

**Grimstad, Liv Karoline** (11.6.2002)

**2019** 60 inne J17 7 8.28, 2h2 8.27, 200 inne J17 3h4 27.99, Lengde inne J17 8 5.06, Kule inne J17 6 9.51

**Grindheim, Maren Kristine Skogen** (24.10.2003)

**2019** 4x100 stafett U20 DQ:R170.14, 4x100 J16 2 54.18

**Grov, Marie Teige** (6.7.2004)

**2019** 5000 gang 3 28:58.5, 3000 gang 3 16:40.07, 2000 J15 DNF, 1500 hinder J15 5:59.52, 2000 gang J15 1 10:58.06, 1000 stafett J15/16 8 2:39.94, 800 inne J15 12 (2h1) 2:34.48, 1500 inne J15 10 5:26.84, 1500 gang inne J15 1 8:24.00

**Grønbech, Cathrine** (27.2.2004)

**2019** 800 J15 23 (7h1) 2:41.07, 300 hekk J15 4 52.90

**Grøndalen, Aurora Mjøen** (27.10.2004)

**2019** 800 J15 10 (3h2) 2:27.11, 2000 J15 9 7:01.18

**Grønn, Solveig Willumsen** (9.5.2004)

**2019** 800 J15 5 (5h3) 2:24.84, 2000 J15 5 6:32.60

**Grøterud, Christine** (3.10.2000)

**2019** 100 J18/19 6h2 13.28

**Grøterud, Emilie Fossumstuen** (1.4.1997)

**2019** 1500 10h1 4:49.86, 6km terreng 20 22:27

**Gylland, Maj Britt** (20.8.1979)

**2019** 24 timer ultra 31 85.176

**Grøtan, Tiril Moan** (6.11.2003)

**2019** 1000 stafett J15/16 6 2:33.70, Høyde inne J16 7q1 1.40, Lengde inne J16 10q1 4.53

**Grøvdal, Karoline Bjerkeli** (14.6.1990)

**2019** 3000h 1 9:24.53

**Gulbrandsen, Martha** (28.7.2003)

**2019** 3000 J16 8 10:56.63

**Guldvog, Emily Fjellvang** (5.7.2003)

**2019** 60 inne J16 8s2 8.43, 4h1 8.42, 200 inne J16 4h3 27.77, Høyde inne J16 8q1 1.40, Lengde inne J16 8q1 4.62, 5-kamp inne J16 7 2.420

**Gullikstad, Selma** (10.1.2003)

**2019** Lengde inne J16 9q1 4.59, Tresteg inne J16 7 10.12

**Gulvik, Vilde Terjesdatter** (23.4.2003)

**2019** 800 J16 15 (6h1) 2:31.94, 800 inne J16 7 (3h1) 2:33.00

**Gussiås, Vibeke Ovidie** (9.3.2003)

**2019** 100 J16 6h3 13.26, 80 hekk J16 3 12.59, 1h2 12.57, 300 hekk J16 7 (1h1) 47.80, 60 hekk inne J16 5h2 9.53, 1500 gang inne J16 3 8:59.16, Lengde inne J16 10 4.61, 3q2 4.65

## H

**Haas, Anouk de (NED)** (9.5.2004)

**2019** 80 hekk J15 5 14.65, Lengde J15 12q2 4.10, 1000 stafett J15/16 4 2:27.72, 60 inne J15 6h1 8.62, 60 hekk inne J15 6 10.27, 3h2 10.08, Lengde inne J15 10q2 3.77, Kule inne J15 10 7.96, 5-kamp inne J15 4 2.494, 7-kamp J15 5 2.940

**Haas, Emma de (NED)** (19.12.2000)

**2019** 1000 stafett J17-19 1 2:19.38

**Hagen, Ane Løkke** (30.3.2004)

**2019** Diskos J15 10 26.89, Spyd J15 7 27.22

**Hagen, Hedda Hoff** (13.7.2001)

**2019** 400 hekk U20 6 70.35, 3h2 68.65, 400 hekk J18/19 5 71.02

**Hagen, Ingunn Nilsen** (24.10.2000)

**2019** 800 inne J18/19 7 (5h2) 2:31.32

**Hagen, Rakel Helene Enoksen** (21.6.1974)

**2019** 24 timer ultra 32 84.630

**Hagesæther, Jorunn Falkeid** (27.7.1971)

**2019** 24 timer ultra 21 133.770

**Halle, Edel** (25.4.2003)

**2019** 60 inne J16 5h3 8.69, Tresteg inne J16 13 9.56

**Halle, Petronella Tordsdatter** (7.10.2002)

**2019** 1x6km terrengstafett 4 17:07, 2km terreng J17 2 6:05, 4km terreng J17 DNF

**Hammer, Julie** (31.5.2004)

**2019** 1500 U20 8 4:36.86, 4h1 4:39.44, 3000 U20 3 9:52.09, 2000 J15 1 6:27.93, 1500 hinder J15 2 5:04.00, 4km terreng J15 2 14:21

**Hamsund, Ingrid** (22.2.2004)

**2019** Høyde J15 9 1.41, Lengde J15 13q2 4.05, 1000 stafett J15/16 3 2:24.02

**Haneberg, Bertine** (3.12.2003)

2019 800 U20 7h1 2:26.06, 1500 U20 8h1 4:49.93, 4x800 stafett U20 1 9:41.94, 4x400 mixlag U20 3 3:59.71, 800 J16 14 (5h1) 2:30.91, 4x600 J16 2 6:58.88

**Hansen, Hermine** (17.12.2004)

2019 200 J15 6h3 29.16, Lengde J15 4q1 4.22

**Hansen, Ida Bakke** (7.1.1993)

2019 60 inne 7 7.77, 3s1 7.73, 2h5 7.74, 200 inne 1h5 24.99, 4x200 stafett inne 4 1:45.24

**Hanstveit, Anna** (16.5.2004)

2019 1x6km terrengstafett 7 18:21, Motbakke 5 60:06, 3000 U20 13 10:41.27, 2000 J15 6 6:45.79, 800 inne J15 9 (4h2) 2:31.19, 1500 inne J15 3 5:00.55, 2km tereng J15 7 6:19, 4km terreng J15 4 14:50

**Hanstveit, Emma** (16.5.2004)

2019 1x6km terrengstafett 7 18:21, Motbakke 6 60:37, 3000 U20 12 10:37.23, 2000 J15 7 6:50.57, 800 inne J15 10 (5h2) 2:31.76, 1500 inne J15 4 5:01.15, 2km tereng J15 2 6:06, 4km terreng J15 5 14:56

**Hartveit, Ingrid Cecilia Haga** (12.3.2000)

2019 Tresteg U20 17q 10.19, Lengde J18/19 13 4.39, Tresteg J18/19 10 10.07w

**Haugan, Caroline** (17.6.2000)

2019 60 hekk inne 7 9.22, Høyde uten tilløp U20 =5 1.25

**Haugan, Sigrid Aune** (20.10.2004)

2019 7-kamp J15 6 2.421

**Hauge, Hedda Marie Kjølberg** (26.5.2001)

2019 Kule 8 10.17, Stav U20 2 3.50, Stav J18/19 1 3.60, Stav inne J18/19 1 3.40

**Hauge, Marion** (27.11.2004)

2019 100 J15 7h4 14.27w, 800 J15 20 (5h1) 2:37.52

**Haugen, Helene Ekrehim** (16.4.2004)

2019 2km tereng J15 9 6:26

**Haugen, Ina Halle** (22.11.2003)

2019 1x6km terrengstafett 2 16:39, 1500 U20 1 4:33.03, 1h2 4:45.08, 3000 U20 1 9:45.95, 4km terreng U20 1 13:50, 800 J16 4 (4h2) 2:18.83, 2km terreng J16 1 5:54

**Haugen, Maren Halle** (22.11.2003)

2019 1x6km terrengstafett 2 16:39, 1500 U20 6 4:36.05, 2h2 4:45.15, 3000 U20 2 9:47.98, 4km terreng U20 2 13:51, 800 J16 3 (3h2) 2:18.53, 3000 J16 1 9:52.14, 2km terreng J16 2 5:59

**Haugen, Nora** (22.7.2003)

2019 100 7h2 12.89, 200 7s1 25.86, 4h1 25.86, 1000 stafett 2 2:16.59, 400 U20 4 58.88, 2h1 58.43, 100 J16 6 12.62, 1h1 12.60w, 200 J16 3 25.35, 1s2 26.56, 1h1 26.73, 1000 stafett J17-19 5 2:25.84

**Haugen, Unni Bente Norangshol** (11.1.1959)

2019 24 timer ultra 28 101.010

**Haugersveen, Thea Emilie Selstø** (28.3.2003)

2019 Høyde J16 7 1.48, Kule J16 5 11.19, Spyd J16 6 34.40, 60 hekk inne J16 5h1 9.82, Høyde inne J16 =7 1.50, =1q1 1.45, Stav inne J16 3 2.40, Kule inne J16 5 10.62, 7-kamp J16 4 3.380

**Haugland, Andrine Hjellen** (18.2.1999)

2019 Spyd 8 44.95, Spyd U23 2 43.80

**Haugland, Anna Hjellen** (2.7.2002)

2019 Slegge U20 9 37.86, Slegge J17 3 45.57

**Haugland, Idun Alnes** (24.10.2004)

2019 100 J15 5s2 13.14w, 3h2 13.18, 200 J15 5s1 28.30, 3h2 27.96

**Haugland, Inger Marielle Oldervik** (8.3.1978)

2019 Terrengultra 6 7:25:18, 24 timer ultra 6 181.212

**Haukanes, Una** (30.3.2003)

2019 100 6h4 12.70, Lengde 12 5.15, 8q 5.51, 60 inne 6s1 7.89, 4h2 7.91, 200 inne 2h3 25.88, Lengde inne 7 5.35, 7q1 5.31, 60 U20 5s1 12.75, 2h4 12.70, 200 U20 4s2 26.01, 1h2 26.00, Lengde U20 8 5.47, 5q 5.42, 100 J16 4 12.46, 2h2 12.59, 80 hekk J16 2 12.00, 2h1 11.88, Lengde J16 4 5.342w, 60 inne J16 3 7.92, 1s1 7.90, 1h2 7.90, 200 inne J16 5 26.28, 1h5 25.73, 60 hekk inne J16 3 8.95, 1h1 8.85, Lengde inne J16 2 5.47, 1q1 5.38, 4x200 inne J18-22 1 1:44.26

**Hausberg, Sofie Olsvold** (17.5.2000)

2019 Lengde inne 9q2 5.02, Lengde U20 11 5.22, 12q 5.09, Tresteg U20 9 10.98, 12q 10.68, 100 J18/19 7h1 13.19w, Lengde J18/19 8 4.99, Tresteg J18/19 5 11.00w, Lengde inne J18/19 5 5.12, Tresteg inne J18/19 7 10.88

**Hausberg, Thea Olsvold** (27.4.2004)

2019 Kule J15 16 8.85

**Havang, Sara** (28.6.1994)

2019 400 inne 3 56.80, 1h3 56.86, 4x200 stafett inne 2 1:42.40

**Haven, Frida Støle** (7.7.2004)

2019 Spyd J15 6 28.87

**Havik, Frida Elise** (13.10.2003)

2019 Kule J16 3 11.83, Kule inne J16 4 10.66

**Hayler, Tora Estelle** (8.9.2002)

2019 3000 J17 1 10:40.30

**Hegdahl, Nora** (30.1.2003)

2019 1x6km terrengstafett 5 17:46, 800 U20 6h1 2:24.29, 1500 U20 10h2 4:56.84, 800 J16 12 (9h2) 2:27.93, 1500 hinder J16 3 5:11.82, 1000 stafett J15/16 6 2:33.70, 2km terreng J16 7 6:25

**Heggheim, Pia** (31.12.2001)

2019 Tresteg J18/19 7 10.26w

**Helgheim, Hedda** (20.12.2004)

2019 800 J15 14 (5h2) 2:28.81, 4x600 J16 2 6:58.88

**Helgheim, Merete** (19.9.1980)

2019 3000 gang 1 14:07.86, 5000 gang 1 24:56.8

**Helland, Kristin Maltun** (1.5.2002)

2019 800 U20 5 2:12.70, 3h1 2:20.66, 1000 stafett U20 7 2:29.64, 4x100 stafett U20 1 48.68

**Helland, Line Maltun** (3.3.2001)

2019 200 U20 3h6 26.65, 400 U20 2h2 58.91, 1000 stafett U20 1 2:16.04, 100 J18/19 5 12.78, 3h2 12.86, 200 J18/19 5h2 27.40, 400 J18/19 3 58.79

**Helle-Andresen, Kristine** (29.3.1994)

2019 6km terreng 16 22:09

**Henriksen, Adele Norheim** (8.3.2002)

2019 Halvmaraton U23 1 1:22:11

**Henriksen, Linnea** (21.11.2002)

2019 Lengde J17 9 4.44, 60 inne J17 5h3 8.52, 60 hekk inne J17 8 10.30, Lengde inne J17 6 5.13

**Henriksen, Vilde Våge** (16.9.2000)

2019 1500 5 4:26.57, 4h1 4:41.08, 800 inne 6 (4h2) 2:15.64, 1500 inne 8 4:44.41, 4x200 stafett inne h1 DQ:R170.7, 1x6km terrengstafett 3 16:45, 2km terreng U20 3 5:51

**Herskedal, Hilde** (21.9.2003)

2019 Kule J16 11 9.36, Slegge J16 NM

**Heskestad, Helene** (1.4.1995)

2019 Halvmaraton 12 1:42:30

**Hesthagen, Celine Aschehoug** (27.9.2004)

2019 Stav J15 4 2.30

**Hestmark, Heidi** → Smalås, Heidi Hestmark**Hjelleset, Angelina** (20.12.1972)

2019 Maraton 10 3:45:50

**Hjelleset, Silje Sætersdal** (2.10.1988)

2019 Motbakke 23 75:29



**Hjelmeset, Marthe Johanne** (25.2.2004)  
**2019** 1x6km terrengstafett 6 17:56, 800 J15 1 (1h3) 2:18.52, 2000 J15 10 7:01.23, 1500 hinder J15 4 5:23.37, 2km terreng J15 8 6:23

**Hjelpdahl, Elisabella** (1.9.2002)  
**2019** 200 U20 6s1 27.00, 2h2 26.63, 400 U20 5h4 62.72

**Hjeltnes, Guro Navelsaker** (24.4.2004)  
**2019** Lengde U20 20q 4.63, Tresteg U20 15q 10.54, 100 J15 7s2 13.21w, 4h1 13.27, 200 J15 s1 DNS, 4h2 28.19, Lengde J15 q2 NM, Tresteg J15 4 10.92, Kule J15 1 12.76, Diskos J15 1 43.22, Slegge J15 7 33.95

**Hjeltnes, Hanna Emilie** (23.6.2004)  
**2019** Kule U20 4 11.71, Diskos U20 6 33.94, Kule inne J15 1 13.11

**Hjørnevik, Martine Kolbeinshavn** (18.2.2001)  
**2019** 100h 3 13.68, 2h1 13.91, 60 hekk inne 1 8.41, 60 U20 3 12.17, 2s2 12.25, 1h2 12.64, 100 hekk U20 1 13.74, 1h2 14.18, 1000 stafett U23 1 2:16.95, 200 J18/19 1 24.98, 1h3 NT, 100 hekk J18/19 1 13.80, Lengde J18/19 1 5.61

**Hoddy, Hannah Kate (GBR)** (13.5.1976)  
**2019** Maraton 9 3:38:31, 24 timer ultra 14 154.060

**Hodne, Anne Jorunn** (16.2.1984)  
**2019** 10000 6 37:46.30

**Hoel, Marie Lovise** (16.1.1995)  
**2019** Motbakke 24 81:56

**Hofstad, Mina Madeleine** (30.4.2003)  
**2019** 60 inne J16 6h3 8.73, Kule inne J16 10 8.79

**Hole, Anniken Hjellbakk** (15.6.1990)  
**2019** Motbakke 10 64:02

**Holt, Ester** (29.5.2001)  
**2019** Lengde uten tilløp U20 2 2.64, 60 inne J18/19 4h1 8.20, Lengde inne J18/19 9 4.86, Tresteg inne J18/19 10 9.70

**Holten, Vilde Indseth** (22.1.1997)  
**2019** Diskos 3 47.39, Diskos U23 1 44.81, Slegge U23 1 48.38

**Hopland, Christina Ellefsen** (11.1.1997)  
**2019** 2km terreng 9 5:59, 4x800 stafett 2 9:38.58

**Hornnes, Lise** (6.7.2000)  
**2019** 5-kamp inne U20 4 3:15.4, 60 hekk inne J18/19 6 9.59, 4h2 9.56, Høyde inne J18/19 2 1.60, Stav inne J18/19 3 2.70, Lengde inne J18/19 6 5.06, Tresteg inne J18/19 3 11.60

**Horvathova, Eliska** (26.5.2004)  
**2019** Høyde J15 12 1.36, Diskos J15 6 28.99, Slegge J15 8 32.73

**Hovda, Thea** (23.9.1999)  
**2019** 6km terreng 23 22:55

**Hovde, Linda Cecilie** (2.11.1982)  
**2019** Motbakke 13 67:18

**Hove, Linnea Valhovd** (1.6.2002)  
**2019** Motbakke 7 61:10

**Hove, Oda** (12.7.1998)  
**2019** 6km terreng 28 23:50

**Hvidsten, Helle Henriksen** (8.3.2001)  
**2019** Slegge 3 56.22, Slegge U20 1 55.90, Slegge J18/19 2 54.23

**Hynne, Hedda** (13.3.1990)  
**2019** 800 1 2:02.30, 1h1 2:13.62

**Høgne, Emilie Lysaker** (28.11.2003)  
**2019** 2km terreng J16 5 6:13

**Høidahl, Frida Hjertø** (27.1.1998)  
**2019** 60 inne J20-22 5h1 8.24, 200 inne J20-22 5 27.11, 3h2 26.92

**Høntorp, Hedda** (3.7.2004)  
**2019** 800 J15 19 4h1 2:33.89, 2000 J15 15 7:05.23

**Håkegård, Cecilia Johanne Carneiro** (7.12.1994)  
**2019** 100 5s2 12.27, 3h3 12.27, Lengde 17q 5.09, 60 inne 5s3 7.84, 2h1 7.88, Lengde inne NM, 5q1 5.64, 4x200 stafett inne 2 1:42.40

**Haakonsen, Karen Marie** (3.8.1999)  
**2019** 6km terreng 31 25:24

**Håland, Johanna Judith Edland** (25.8.1978)  
**2019** Halvmaraton 10 1:35:26, Maraton 4 3:20:12

**Hånes, Kristin Sæter** (21.7.2002)  
**2019** Kule J17 10 10.03, Diskos J17 9 20.13, Slegge J17 7 35.87, Kule inne J17 7 9.35

**I**

**Indrebø, Anna Lovise Krogh** (8.5.2004)  
**2019** Kule J15 2 10.74, Diskos J15 12 24.86, Lengde inne J15 9q2 4.12, Kule inne J15 3 10.23

**Indrebø, Isabella Alida** (16.7.2004)  
**2019** 100 J15 5 12.84w, 3s2 12.89w, 2h2 12.98, 200 J15 2 26.41w, 2s2 27.16, 2h2 27.49, 1000 stafett J15/16 3 2:24.02

**Indrebø, Leah Marie Henriksen** (15.12.2002)  
**2019** 60 inne 5h4 8.19, Lengde uten tilløp U20 8 2.27, 100 J17 6 12.78, 1h2 12.77, 200 J17 26.08w, 1h2 27.24, 60 inne J17 5 8.19, 2h1 8.15, 200 inne J17 4 26.46, 1h5 26.25

**Ingebrigtsen, Astrid Mangen (Cederkvist)** (23.3.1994)  
**2019** 100 8s3 12.44, 3h4 12.38, 1000 stafett 2 2:16.59, 60 inne 2 7.54, 1s2 7.62, 1h4 7.66, 200 inne 1 24.18, 1h1 24.60

**Ingebrigtsen, Celine Hjorth** (11.6.2004)  
**2019** Tresteg U20 6 11.26, 4q 11.44, Tresteg J15 1 11.56w, Tresteg inne J15 1 11.08

**Ingebrigtsen, Eva** (1.7.2004)  
**2019** 800 J15 11 (1h1) 2:27.31, 2000 J15 4 6:32.36, 1500 hinder J15 3 5:11.16

**Ingerø, Emilie** (28.9.1995)  
**2019** Spyd 2 53.43

**Ingvaldsen, Helene Sofie S.** (22.6.1996)  
**2019** Slegge 2 57.13

**Irgens, Abelone Holm** (5.12.2000)  
**2019** 1500 U20 12 4:48.13, 6h1 4:41.53, 3000 U20 19 10:36.54, 800 J18/19 6 2:20.75, 3000 J18/19 5 10:52.69, 800 inne J18/19 2 (2h2) 2:21.03, 1500 inne J18/19 3 4:45.50

**Irgens, Hanne Berit** (27.6.1994)  
**2019** 100 6s3 12.40, 4h5 12.31, 1000 stafett 2 2:16.59

**Isene, Berit Stunes** (1.5.1998)  
**2019** Diskos 8 41.75, Kule inne 6 11.54, Diskos U23 2 41.46

**luel, Amalie Hammild** (17.4.1994)  
**2019** 400 1 52.43, 1h1 55.47, 400h 1 56.08, 1000 stafett DNF, 4x400 stafett 1 3:46.46

**J**

**Jacobsen, Astrid Urenholdt** (22.1.1987)  
**2019** 5000 9 17:29.16

**Jacobsen, Karine** (9.5.1999)  
**2019** 200 5h1 26.20, 400 5h1 60.44, 60 inne 7s1 7.93, 4h3 7.94, 200 inne 3h1 25.84

**Jacobsen, Tuva Mathilde** (13.10.2002)  
**2019** Spyd U20 3 42.09, Tresteg J17 7 10.15, Kule J17 5 11.87, Diskos J17 6 27.02, Spyd J17 2 41.03

**Jaidi, Mona Ekroll** (1.2.1995)  
**2019** Kule 1 13.68, Diskos 2 48.89, Slegge 5 54.89

**Jakobsen, Anna Bogunovic** (19.3.1993)  
**2019** 200 6h1 26.52, 400h 6 63.92, 1000 stafett 1 2:15.34

**Jemtland, Bettina** (14.3.2000)

2019 Høyde J18/19 4 1.40

**Jensen, Anna Kolstø** (8.9.2004)

2014 60 inne 7h1 8.52, 200 U20 4h6 26.97, 100 J15 7 13.03w, 3s1 12.90w, 2h1 12.98w, 200 J15 7 27.49w, 4s2 28.91, 3h4 28.17

**Jensen, Christine Bjelland** (16.6.1994)

2019 200 4 24.47, 3s2 24.302h3 25.47, 200 inne 3 24.87, 1h3 24.72

**Jensen, Mathilde** (30.3.2000)

2019 1500 inne J18/19 5 5:08.78

**Jensen, Mathilde Bredvei** (27.4.2004)

2019 2km terreng U20 9 6:38

**Jensen, Sara Dorteia** (15.3.1996)

2019 400 2 54.36, 1h2 57.58, 800 7 2:15.17, 4h2 2:14.93, 1000 stafett 3 2:27.20

**Jepsen, Viktoria Endal** (20.8.2004)

2019 Høyde inne J15 =5 1.40, Tresteg inne J15 10 8.60

**Johannessen, Eline Hellen** (11.5.2002)

2019 200 J17 7 27.41w, 4h2 28.62, 400 J17 7 64.45

**Johannessen, Elin Serine Vik** (23.4.2000)

2019 100 8 12.04, 3s3 11.89, 2h2 12.11, 200 h4 DNS, 60 inne 5s1 7.85, 3h4 7.88, 200 inne 1h7 25.23, 60 U20 2 12.00, 1s2 12.08, 1h4 12.29, 200 U20 2 24.99, 1s2 24.89, 1h1 25.21, 100 J18/19 1 11.93, 1h1 11.80w, 200 J18/19 DQ:R162.6, 1h1 25.53, 60 inne J18/19 1 7.73, 1h1 7.75, 200 inne J18/19 1 24.82, 1h1 24.91

**Johansen, Anniken Rustad** (17.5.1988)

2019 1500 7h2 4:44.99

**Johansen, Aurora** (18.7.2003)

2019 4x600 J16 3 7:20.21

**Johansen, Hedda Ekrem** (3.1.2003)

2019 60 U20 6s3 13.07, 2h2 12.80, 1000 stafett U20 5 2:22.39, 100 J16 7 12.64, 2h1 12.64w, 80 hekk J16 6 13.21, 2h2 12.91, 1000 stafett J15/16 4 2:27.72, 60 inne J16 8 8.22, 4s2 8.12, 2h4 8.03, 60 hekk inne J16 5 9.23, 3h1 9.32

**Johansen, Hilde** (24.1.1973)

2019 24 timer ultra 5 182.404

**Johansen, Karoline Weea** (7.11.1997)

2019 Stav 4 3.40, Stav U23 2 3.10, Diskos U23 4 34.69, Slegge U23 3 40.58

**Johansen, Mari Rosseland** (26.10.2004)

2019 Slegge J15 5 36.42, Spyd J15 3 31.42

**Johansen, Marte Mæhlum** (5.7.1997)

2019 5000 6 17:22.41

**Johansen, Solveig Emilie** (4.4.2003)

2019 200 U20 4h5 26.75

**Johansson, Line Myrestøl** (9.2.1998)

2019 7-kamp 1 4.367

**Johaug, Therese** (25.6.1988)

2019 10000 1 32:20.86, 6km terreng 1 19:43

**Johnsen, Julie Heiervang** (25.7.1996)

2019 Spyd 12 38.75

**Johnsen, Kari Ingelin Sjöström (SWE)** (10.4.2003)

2019 200 U20 3h5 26.52, 400 U20 4h2 61.05, 100 J16 5h1 13.17w, 200 J16 7s2 27.87, 4h1 27.88, 1000 stafett J17-19 7 2:34.42, 200 inne J16 3h3 26.98, 4x600 J16 4 7:21.96

**Johnsen, Nathalie Ommundsen** (2.7.1998)

2019 1000 stafett 1 2:15.34, 60 inne 8 7.84, 2s2 7.75, 3h2 7.85, Lengde inne 6 5.72, 2q2 5.46, 4x100 stafett mixlag 1 44.14

**Johnsen, Wenche** (16.5.1973)

2019 24 timer ultra 22 131.586

**Jomaas, Karen Hoel** (30.1.2001)

2019 4km terreng U20 11 16:05

**Jæger, Henriette** (30.6.2003)

2019 100 5 11.82, 2s3 11.87, 1h1 11.91, 60 U20 1 11.76, 1s1 12.10, 1h3 12.46, 200 U20 1 24.22, 1s1 24.33, 1h3 25.13, Lengde U20 2 6.10, 1q 5.92, 100 J16 1 11.70, 1h2 12.11, 200 J16 1 23.89, 1s1 25.71, 1h2 25.94, 80 hekk J16 1 11.58, 1h1 11.85, Høyde J16 1 1.73, Lengde J16 1 5.69w, Tresteg J16 1 12.28w, 7-kamp J16 1 5.520

**Jæger, Karoline** (19.5.2001)

2019 Lengde U20 9 5.25, 11q 5.15, Tresteg U20 1 11.85, 1q 11.58, Lengde J18/19 7 5.13, Tresteg J18/19 1 11.58w, 60 inne J18/19 4h3 8.25, Høyde inne J18/19 5 1.55, Lengde inne J18/19 4 5.16, Tresteg inne J18/19 2 12.07

**Jørgenrud, Margit** (23.4.1995)

2019 Kule 6 11.79, Kule inne 5 11.62

**Jøsendal, Karen Johanne** (6.6.1994)

2019 800 6h2 2:16.15, 800 inne 8 (4h1) 2:19.04

## K

**Kallevik, Amalie Lerøen** (16.11.2004)

2019 100 J15 8s2 13.44w, 4h4 13.36w, 200 J15 7s2 28.45, 4h4 28.54, Lengde J15 5q1 3.85

**Kallåk, Hedvig** (8.11.2004)

2019 Høyde inne =4 1.70, Høyde U20 1 1.69, 1000 stafett U20 3 2:19.67, Høyde uten tilløp U20 =5 1.25, 4x100 mixlag U20 1 45.55, 100 J15 3 12.70w, 2s2 12.69w, 1h4 12.76w, Høyde J15 1 1.62, Lengde J15 1 5.24w, 2q2 4.64, 1000 stafett J15/16 2 2:20.68, 60 inne J15 3 8.26, 2h3 8.16, 60 hekk inne J15 DNF, 1h2 9.19, Høyde inne J15 1 1.68, Lengde inne J15 2 5.29, 2q1 5.02, 4x200 inne J15-17 2 (2h2) 1:44.94, 4x100 J16 DQ:R170.4

**Kapskarmo, Sigrid Forsmo** (22.6.2004)

2019 Høyde J15 2 1.55, Lengde J15 2 5.22w, 5q2 4.49, Tresteg J15 2 11.13, 60 inne J15 5h3 8.53, Høyde inne J15 3 1.56, Lengde inne J15 4 5.22, 1q1 5.09, Tresteg inne J15 2 10.90

**Kilbalcica, Emilija Lorina** (4.2.2004)

2019 Høyde J15 =6 1.46, Lengde J15 3 5.07w, 3q2 4.59, Tresteg J15 3 10.95, 60 hekk inne J15 5 9.88, 3h1 9.85, Høyde inne J15 2 1.65, Lengde inne J15 3 5.22, 2q2 4.73, Tresteg inne J15 4 10.25

**Kjerpeset, Kristi Strømmen** (13.1.1998)

2019 100 hekk U23 2 14.75

**Kjerpeset, Margrete Strømmen** (27.6.2002)

2019 300 hekk J17 2 45.75

**Kjuus, Birgitte** (30.5.1999)

2019 Stav 2 4.00, Stav inne 1 3.80

**Kleive, Sigrid** (22.2.2000)

2019 Høyde 7 1.65, Lengde 4 5.80, 4q 5.77, Spyd 11 39.38, Høyde inne 2 1.75, Lengde inne 5 5.72, 3q1 5.70, Kule inne 4 11.64, 5-kamp inne U20 1 3.753, 7-kamp U20 DNF

**Klevan, Tone Marie** (7.9.1983)

2019 24 timer ultra 10 162.162

**Kleven, Anna Garnes** (22.3.2002)

2019 Lengde 16q 5.14, 1000 stafett DNF, Lengde inne 9 5.22, 4q2 5.17, 4x200 stafett inne 3 1:44.36, 200 U20 5s2 26.77, 2h5 26.41, Lengde U20 13q 5.08, Tresteg U20 11 10.45, 10q 10.84, 1000 stafett U23 2 2:19.53, Høyde uten tilløp U20 8 1.15, 100 J17 4h3 13.09, 200 J17 3 26.35, 2h2 28.22, Lengde J17 5 4.88, Tresteg J17 4 10.72, 1000 stafett J17-19 6 2:27.97, 200 inne J17 2h2 26.71, Lengde inne J17 7 5.07, Tresteg inne J17 2 10.68, 4x200 inne J18-22 2 1:45.44

**Kleven, Elise Garnes** (16.11.2003)

2019 Kule inne J16 13 8.26

**Klokseth, Mathilde Sofie Karlsen** (15.3.2003)

**2019** Tresteg 8 11.37, Tresteg U20 7 11.24, 6q 11.30, Høyde uten tilløp U20 1 1.41, Lengde uten tilløp U20 4 12.49, Høyde J16 6 1.53, Tresteg J16 4 11.12w, Høyde inne J16 11 1.45, 6q1 1.45, Lengde inne J16 4 3.91, 1q2 4.89, Tresteg inne J16 2 11.69

**Klokseth, Sunniva Oline** (10.6.2004)

**2019** Stav J15 5 2.20

**Kloster, Line** (27.2.1990)

**2019** 100h h2 DQ:R162.6, 60 inne 4 7.68, 2s3 7.65, 1h2 7.68, 800 inne 1 (1h2) 2:13.10

**Klyve, Tuva Olsen** (12.2.2004)

**2019** 300 hekk J15 5 54.09

**Knutsen, Amanda Bakker** (28.2.2002)

**2019** 100 hekk J17 4 16.15, 60 inne J17 5h1 8.54, 60 hekk inne J17 5 9.62

**Knutsen, Thea Charlotte** (26.9.2004)

**2019** 4km terreng J15 7 15:04

**Kollberg, Malene** (16.5.1999)

**2019** Høyde =9 1.60, Lengde 9 5.34, 12q 5.33, 5-kamp inne 1 2.982, 7-kamp 2 4.078, Høyde U23 4 1.60, Lengde U23 2 5.74, 60 hekk inne J20-22 1 9.47, Høyde inne J20-22 2 1.60, Lengde inne J20-22 4 5.19

**Kongolo, Gracia Thiana** (18.10.1997)

**2019** 60 inne 7h2 8.38, Lengde uten tilløp 3 2.71, Lengde U23 7 4.90, Tresteg U23 6 10.33, 60 inne J20-22 6h1 8.47, Lengde inne J20-22 7 4.63, Tresteg inne J20-22 9.99

**Korsvold, Tuva Fuglem** (11.10.2003)

**2019** 60 inne J16 7h1 8.84, Stav inne J16 2 2.60, Kule inne J16 16 6.97 at fe

**Kristensen, Mari Melsom** (27.10.1981)

**2019** Terrengultra 15 11:00:27

**Kristiansen, Ingrid Emilsen** (19.12.1992)

**2019** 1500 7 4:28.43, 5h1 4:41.44

**Kristiansen, Kristine Myklegard** (2.8.2004)

**2019** 800 J15 17 (2h1) 2:32.98, 2000 J15 12 7:02.88, 800 inne J15 11 (1h1) 2:33.60, 1500 inne J15 8 5:07.32

**Kristiansen, Tonje Fjellet** (13.9.1999)

**2019** 100 3 11.75, 1s3 11.85, 1h4 11.92, 200 3 24.38, 1s1 24.48, 1h2 24.75

**Kristianslund, Kristina** (25.6.1993)

**2019** Spyd 3 50.15

**Kristoffersen, Benedikte Hana** (12.8.2003)

**2019** Kule inne J16 12 8.61

**Krogh, Emilie** (30.9.2004)

**2019** 800 inne J15 14 (4h1) 2:36.62, 1500 inne J15 DNS

**Krueziu, Saranda** (11.3.2002)

**2019** 200 U20 5h6 27.15, 100 J17 3h2 13.02, 200 J17 4 26.52w, 2h1 27.32, 300 hekk J17 5 48.27, 60 inne J17 8 8.30, 3h2 8.30, 200 inne J17 3h3 27.29, 60 hekk inne J17 6 9.71

**Kulendran, Theebika** (18.9.2004)

**2019** 1000 stafett J17-19 8 2:36.16

**Kulseth, Malin Bårdsgård** (24.12.1996)

**2019** 100 3s1 12.19, 2h1 11.97, 200 6 24.97, 2s1 24.54, 2h2 24.97, 60 inne 6 7.74, 3s2 7.78, 2h3 7.78, 200 inne 4 25.15, 1h4 24.98, 4x200 stafett inne 2 1:42.40

**Kvadsheim, Eirin Næsheim** (21.4.1979)

**2019** Halvmaraton 13 1:46:30, Maraton 14 3:56:30

**Kvalen, Johanne Rise** (28.2.2000)

**2019** 200 inne 3h5 27.04, Lengde inne 8q2 5.06, 4x200 stafett inne 3 1:44.36, Høyde uten tilløp U20 3 1.30, Lengde inne J18/19 NM, 4x200 inne J18-22 2 1:45.44

**Kvalen, Oline Rise** (25.11.2002)

**2019** Spyd J17 4 32.85

**Kvalvåg, Hedda Kronstrand** (25.7.2002)

**2019** Tresteg U20 3 11.61, 2q 11.54, 1000 stafett U20 7 2:29.64, Lengde J17 2 5.15, Tresteg J17 1 12.09w, Kule J17 6 11.08, Spyd J17 8 25.00, 5-kamp inne J17 DNF, 7-kamp J17 3 4.261

**Kvamme, Anita Blomholm** (12.1.1987)

**2019** Maraton 14 3:54:41

**Kvamme, Guro** (10.10.2002)

**2019** 300 hekk J17 8 49.78, Tresteg J17 5 10.55

**Kvandal, Amalie Kristin** (11.11.1996)

**2019** 6km terreng 29 24:05

**Kvilhaugsvik, Sissel** (24.5.1964)

**2019** Halvmaraton 17 1:57:26, Maraton 19 4:32:10

**Kvinen, Julie** (22.3.2000)

**2019** 4x200 stafett inne 4 1:45.24

**Kyte, Karoline Holsen** (12.5.1993)

**2019** 5000 8 17:23.93, Motbakke 1 51:19, 6km terreng 11 21:36

## L

**Ladehaug, Ingvild** (22.1.2003)

**2019** Høyde U20 10 1.50, Høyde J16 2 1.61, Høyde inne J16 5 1.58, =1q2 1.45

**Lange, Elisabeth de** (16.5.1964)

**2019** Motbakke 19 72:19

**Langås, Mariann** (20.9.1974)

**2019** 24 timer ultra 29 96.096

**Lappegård, Tiril** (4.8.2003)

**2019** Kule U20 13 8.68, Diskos U20 8 28.75, Slegge U20 NM, Diskos J16 5 25.48, Slegge J16 3 47.03

**Large, Madeline** (2.3.2004)

**2019** 100 J15 7h2 13.82, Kule J15 6 10.17

**Lauritzen, Margrethe** (7.2.2000)

**2019** 400 inne J18/19 6 (2h1) 62.13, 800 inne J18/19 5 (2h1) 2:28.43

**Lauvstad, Miranda** (22.11.2003)

**2019** 100 7s2 12.55, 4h2 12.63, 200 5h2 25.87, 1000 stafett DNF, 60 U20 4 12.34, 2s3 12.47, 1h7 12.50, 200 U20 4s1 25.34, 2h6 26.03, Lengde U20 14q 5.06, 1000 stafett U20 3 2:19.67, 4x100 stafett U20 2 49.14, 4x400 stafett U20 2 4:00.57, 4x100 mixlag U20 1 45.55, 100 J16 2 12.23, 1h3 12.30, 200 J16 2 25.12, 2s1 26.08, 1h3 27.38, Lengde J16 3 5.34w, 1000 stafett J15/16 2 2:20.68, 60 inne J16 1 7.84, 1s2 7.84, 1h1 7.95, 200 inne J16 4 25.27, 1h2 25.69, Lengde inne J16 3 5.06, 2q1 5.26, 4x200 inne J15-17 2 (2h2) 1:44.94, 4x100 J16 DQ:R170.4

**Lea, Christina Sætre** (15.7.2002)

**2019** Spyd J17 7 25.50

**Leathem, Johanne** (16.1.2004)

**2019** Kule J15 15 8.87, Diskos J15 8 28.86

**Leiknes, Kristine Moland** (9.3.2003)

**2019** Lengde J16 15 3.34, Spyd J16 3 40.11, 60 hekk inne J16 7 9.35, 4h1 9.38, Høyde inne J16 =3 1.58, =1q1 1.45, 5-kamp inne J16 3 3.176, 7-kamp J16 3 3.901

**Leikvoll, Edna Karin Boge** (6.9.1961)

**2019** 24 timer ultra 17 145.236

**Leir, Ida Sophie** (15.3.2003)

**2019** 200 7h1 26.95, 400 U20 h3 DNF, 4x100 stafett U20 2 49.14, 4x400 stafett U20 2 4:00.57, 200 J16 6s1 28.05, 3h2 27.31, 300 hekk J16 6 (6h2) 47.40, 1000 stafett J15/16 2 2:20.68, 60 inne J16 s1 DNF, 4h2 8.46, 200 inne J16 3h2 27.33, 4x200 inne J15-17 2 (2h2) 1:44.94, 4x100 J16 DQ:R170.4

**Lekman, Linnea Birkelid** (14.5.2003)

**2019** 200 J16 6h2 28.73, 80 hekk J16 8 13.55, 4h1 13.49

**Liabø, Sigrid** (12.4.2004)

**2019** 1500 gang inne J15 2 8:49.90

**Lie, Hanne Marthe** (9.12.1989)

2019 5000 14 17:57.76, 6km terreng 21 22:34

**Lie, Mille** (22.2.2000)

2019 4x800 stafett U20 2 9:52.61

**Lie, Kristina Vatnar** (24.6.2004)

2019 100 J15 5h4 13.46w, 200 J15 5h1 29.61, Tresteg J15 7 10.27w, 60 inne J15 7h1 8.73, Lengde inne J15 8q1 4.20, Tresteg inne J15 6 9.56, 4x200 inne J15-17 7 (3h1) 1:57.24

**Lien, Mia Guldteig** (20.1.2001)

2019 Høyde 4 1.70, Lengde 2 5.94, 1q 6.09, Lengde inne 4 5.97, 1q1 5.90, Høyde U20 2 1.69, Lengde U20 1 6.11, 3q 5.58, 1000 stafett U20 2 2:16.31, 200 J16 5 25.87, 4s2 27.14, 1h4 27.23, 300 hekk J16 3 (3h2) 44.70, 1000 stafett J15/16 1 2:20.20, 200 inne J16 1 24.96, 1h1 25.11, 60 hekk inne J16 2 8.84, 2h2 9.11, Kule inne J16 14 8.13, 4x200 inne J15-17 1 (1h2) 1:43.97, 4x100 J16 1 49.29, 4x600 J16 1 6:35.92

**Liland, Hanne** (7.8.1969)

2019 Terrenkultra 9 7:56:08, Motbakke 18 72:00

**Liland, Julie Bakke** (9.2.2004)

2019 Lengde U20 16q 4.84, 100 J15 5 12.84w, 4s2 12.98w, 2h4 13.02w, 200 J15 3 26.42w, 3s2 27.43, 1h2 27.33, Lengde J15 4 5.03w, 1q2 4.99, 60 inne J15 2 8.18, 1h3 8.11, Lengde inne J15 6 4.90, 3q2 4.63

**Lilleby, Kjersti Nicoline** (11.5.2004)

2019 60 inne J15 8h3 8.94, 200 inne J15 2h1 28.80, 60 hekk inne J15 h1 DNF, Høyde inne J15 4 1.53, 4x200 inne J15-17 h1 DQ:R163.3

**Lilleskare, Anita Iversen** (22.8.1978)

2019 Motbakke 3 54:57

**Lindanger, Karianne** (4.4.2001)

2019 100 hekk J18/19 7 17.54, Stav J18/19 3 2.50, 60 hekk inne J18/19 5h2 10.70, Stav inne J18/19 4 2.40

**Lindanger, Siri** (4.4.2001)

2019 100 hekk J18/19 6 16.84, Tresteg J18/19 9 10.19w, 1000 stafett J17-19 5 2:25.84

**Lindberg, Ida** (28.8.2003)

2019 800 U20 8h2 2:28.62

**Lindevik, Linn Andrea Svensson** (24.5.2004)

2019 200 J15 5h3 28.78, 800 J15 9 (7h3) 2:26.56, 800 inne J15 8 (3h2) 2:27.72

**Lindstad, Silje** (4.4.1997)

2019 1500 8h1 4:44.79

**Lintorp, Hannah Solheim** (21.12.2002)

2019 800 J17 6 2:27.76, 1000 stafett J17-19 7 2:34.42, 4km terreng J17 3 16:29

**Lithun, Lise** (17.2.1959)

2019 Maraton 15 4:10:57

**Litland, Vår Eik** (21.5.2003)

2019 Spyd 9 43.73, Spyd U20 2 42.60, Kule J16 8 9.90, Diskos J16 7 21.74, Spyd J16 1 52.25

**Llano, Beatrice Nedberge** (14.12.1997)

2019 Slegge 1 64.38

**Lode, Brita Mehl** (18.2.2000)

2019 Kule U20 8 11.08, 5-kamp inne U20 2 3.522, 7-kamp U20 1 5.156, Kule J18/19 3 10.75, Diskos J18/19 4 27.97, 60 inne J18/19 3 7.86, 1h3 7.82, 60 hekk inne J18/19 2 9.00, 1h2 9.01, Høyde inne J18/19 4 1.55, Lengde inne J18/19 2 5.60

**Lome, Anine** (13.9.1999)

2019 6km terreng 24 22:56

**Lothe, Grete Håvåg** (16.1.1952)

2019 Maraton 21 4:52:30

**Luktvasslimo, Ella** (9.3.2004)

2019 100 J15 4h3 13.67, 200 J15 6h2 28.81, Lengde J15 DNS, 9q2 4.28, Tresteg J15 13 9.52w, 1000 stafett J15/16 6 2:33.70, 60 inne J15 5h1 8.52, 200 inne J15 2h2 27.74, Lengde inne J15 9q1 3.97, Tresteg inne J15 9 8.94

**Lund, Pernille Sina** (23.12.1993)

2019 100 4s3 12.29, 2h4 12.31, 200 7s2 25.57, 4h2 25.78

**Lunde, Inger Constanse Eidhammer** (25.4.2002)

2019 100 7h5 12.82, 200 7h3 27.12, 60 inne 8s1 8.12, 3h4 7.88, 200 inne 3h4 27.51, 60 U20 6s2 12.92, 3h1 12.92, 200 U20 5h4 27.60, 100 J17 3 12.57, 3h3 12.68, 200 J17 5 26.74w, 3h1 27.50

**Lunde, Lise** (4.2.1982)

2019 Terrenkultra 11 8:58:24

**Lunde, Målfrid Pettersen** (6.2.1997)

2019 Tresteg U23 5 10.37

**Lundevik, Celine Nilsen** (25.10.1999)

2019 1000 stafett DNF, 60 inne J20-22 6 8.17, 4h2 8.14, 4x200 inne J18-22 3 1:46.15

**Lydersen, Anette** (12.4.2002)

2019 Slegge U20 NM, Kule J17 12 8.37, Slegge J17 4 45.04

**Lyng, Erle Musum** (8.7.2002)

2019 800 inne h1 DNF, 200 inne J17 2h4 27.02, 400 inne J17 2 (2h2) 57.81, 800 inne J17 1 2:18.48

**Lyngholm, Celine Furdal** (15.5.2000)

2019 60 inne 8h2 8.50, Lengde uten tilløp U20 6 2.46, Lengde J18/19 9 4.89, Tresteg J18/19 8 10.25w

**Lystad, Liv Berit Jegteberg** (19.6.1960)

2019 Terrenkultra 12 10:02:14

**Løtveit, Hanne Solberg** (28.1.2002)

2019 60 inne J17 4h1 8.30, 200 inne J17 4h4 28.06, 4x200 inne J15-17 5 (4h2) 1:50.62

**Løvnes, Anne Gine** (14.3.2003)

2019 4x400 stafett U20 1 3:53.97, 1000 stafett J17-19 2 2:21.02

**Løvold, Margrethe Fjetland** (4.4.1989)

2019 Terrenkultra 7 7:32:26

## M

**Madu, Udoka Chile** (6.4.1998)

2019 4x100 stafett 2 50.24

**Magndal, Sara** (23.2.2004)

2019 2km tereng J15 10 6:27, 4km terreng J15 9 15:27

**Malam, Mirjam Fatou Maurset** (28.2.2004)

2019 100 J15 h3 DQ, Tresteg J15 12 9.55w, 1000 stafett J15/16 5 2:28.10

**Marcussen, Ida** (1.11.1987)

2019 Lengde 7 5.37, 7q 5.58

**Maridal, Hanne Mjøen** (21.9.1996)

2019 10000 DNF, 3000 inne 4 9:48.48, 2km terreng 6 5:54, Halvmaraton 2 1:18:24, 6km terreng 7 21:21

**Marstad, Mali Ingeborg Vollan** (9.12.1997)

2019 Kule 7 11.50, Spyd 6 47.49, Kule U23 2 11.72, Diskos U23 3 35.45, Spyd U23 1 48.01

**Marstein, Vilde** (5.6.2002)

2019 Lengde U20 4 5.74, 2q 5.58, 1000 stafett U20 1 2:16.04, 4x100 stafett U20 1 48.68, 100 hekk J17 2 14.15, 7-kamp J17 2 4.884

**Marsteinstredet, Vilde** (21.12.2001)

2019 Spyd 13 35.77

**Martinsen, Vilde** (10.6.2003)

2019 800 J16 16 (7h1) 2:34.88, 4km terreng J16 9 16:50

**Mathisen, Julie Frøslev** (21.5.1993)

2019 6km terreng 14 21:52

**Mauland, Mari Nustad** (16.7.1976)

2019 Maraton 3 3:13:23, 24 timer ultra 2 221.267

**Mauland, Sara Nustad** (16.7.1976)

2019 Maraton 7 3:28:20

**Medic, Dana Angelina** (12.10.2003)

2019 100 J16 8 13.00, 3h2 12.88, 200 J16 8s1 29.81, 3h3 28.22, Lengde J16 10 4.34w, 60 inne J16 6 8-08, 3s1 8-05, 2h2 7.99, 200 inne J16 2h1 26.71, Lengde inne J16 6 4.83, 5q1 4.93

**Medic, Maja Emilia** (26.6.2000)

2019 60 inne J18/19 7 8.02, 2h2 7.96

**Meinseth, Ingvild** (31.3.1999)

2019 100 4 11.82, 2s2 11.86, 1h2 11.96, 60 inne 3 7.59, 1s3 7.60, 1h3 7.67, Lengde uten tilløp 5 2.63

**Meisingset, Mali Bjerke** (4.11.2003)

2019 100 J16 7h3 13.58, Lengde J16 14 4.01, Kule J16 10 9.64, 60 inne J16 5h2 8.54, 200 inne J16 4h4 28.42, Lengde inne J16 7 5.78, 5q2 4.63, Kule inne J16 9 9.42, 4x200 inne J15-17 h2 DQ:R170.7

**Midttun, Nora** (3.3.2001)

2019 1500 U20 10h1 5:02.42, 3000 U20 9 10:20.68

**Mikkelsen, Sarah-Christine Kouamé** (6.2.2002)

2019 Slegge 6 54.89, Slegge U20 3 46.55, Slegge J17 1 53.39

**Mikkelsplass, Marte** (25.11.2002)

2019 4km terreng J17 1 15:01

**Miltz, Lill-Joelle** (2.2.2002)

2019 100 J17 6 h3 13.76, Lengde J17 7 4.71, Spyd J17 6 25.93, 1000 stafett J17-19 6 2:27.97, 60 inne J17 6h2 8.54, Lengde inne J17 9 4.66, Kule inne J17 8 8.88, 4x200 inne J15-17 4 (1h1) 1:49.72

**Mjelde, Marianne Feidje** (2.6.2001)

2019 Lengde U20 18q 4.70, Tresteg U20 14q 10.55, Kule U20 10 9.98, 800 J18/19 11 2:34.64, Lengde J18/19 12 4.54, Tresteg J18/19 2 11.21w, Kule J18/19 8 8.89, Lengde inne J18/19 10 4.81, Tresteg inne J18/19 8 10.62, Kule inne J18/19 2 10.19

**Mjølvsnes, Freya** (24.11.2003)

2019 800 h2 DNS, 1500 9h1 4:45.43, 1500 U20 7 4:36.78, 5h2 4:45.35, 3000 U20 7 10:00.72, 800 J16 5 (5h2) 2:19.34, 3000 J16 2 9:59.57, 2km terreng J16 3 6:00, 4km terreng J16 2 14:28

**Mjømen, Maren Skei** (3.2.2004)

2019 2km tereng J15 11 6:28

**Mjøs, Jennifer Charoenchon** (7.2.2001)

2019 Lengde 13q 5.25, Lengde U20 5 5.62, 9q 5.27, 1000 stafett U20 6 2:23.94, 200 J18/19 4h3 NT, Lengde J18/19 6 5.13, Tresteg J18/19 NM

**Mo, Emilie** (25.12.2001)

2019 1500 U20 7h1 4:42.43, 3000 U20 4 9:53.93, 2km terreng U20 6 6:01, 4km terreng U20 5 14:18, 3000 J18/19 4 10:12.45, 800 inne J18/19 4 (1h1) 2:26.66, 1500 inne J18/19 4 4:46.04

**Moberg, Kristine** (14.2.1995)

2019 Lengde inne 11 4.85, 6q1 5.36, Lengde uten tilløp 2 2.84

**Moe, Marianne** (23.7.1968)

2019 24 timer ultra 19 137.725

**Moen, Tonje** (20.10.2000)

2019 1000 stafett J17-19 7 2:34.42

**Moldestad, Eva** (15.2.2002)

2019 200 J17 6 27.25w, 4h1 28.10, 400 J17 4 63.32

**Moldestad, Malin Ysland** (15.7.2004)

2019 60 inne J15 4h3 8.45, 200 inne J15 DNS, Lengde inne J15 8 4.69, 4q1 4.73

**Moldskred, Sara Saunes** (29.12.2004)

2019 Stav U20 NM, Stav J15 2 2.60, Lengde J15 5 4.84w, 1q1 4.66, 1000 stafett J15/16 8 2:39.94, 60 inne J15 7h2 8.76, Stav inne J15 3 2.60, Lengde inne J15 11 4.38, 6q2 4.40

**Mork, Kristin Færøvik** (17.1.1997)

2019 Lengde 18q 5.05, 60 inne 7h4 8.33, Lengde inne 7q2 5.09

**Morken, Mariell Hetlesæter** (15.12.2003)

2019 Kule U20 6 11.56, Slegge U20 6 40.87, Kule J16 1 13.17, Diskos J16 1 35.20, Slegge J16 2 50.22

**Morud, Agnes Elisabeth** (10.9.2003)

2019 200 6s1 25.55, 3h4 26.04, Stav 3 3.70, 200 inne 3h3 26.12, Stav inne 2 3.60, 400 U20 1 68.00, 2h4 58.03, Stav U20 1 3.50, 1000 stafett U20 2 2:16.31, 200 J16 7 26.13, 3s1 26.60, 2h1 26.99, Stav J16 1 3.30, 1000 stafett J15/16 1 2:20.20, 200 inne J16 6 26.30, 2h3 25.73, Stav inne J16 1 3.55, 4x200 inne J15-17 1 (1h2) 1:43.97, 4x100 J16 1 49.29, 4x600 J16 1 6:35.92

**Morvik, Stine Leivestad** (24.8.2004)

2019 Slegge J15 10 28.22

**Mostraum, Marie** (22.2.2004)

2019 800 U20 7h3 2:25.20, 800 J15 12 (8h3) 2:27.37, 2000 J15 16 7:27.13

**Murud, Karen Toven** (8.1.2003)

2019 Høyde J16 =9 1.48, Lengde J16 11 4.29w

**Myhre, Marthe Katrine** (4.3.1985)

2019 Maraton 1 2:51:07

**Myklebust, Oda Marie** (22.3.2001)

2019 Diskos 10 37.26, Slegge 4 55.49, Diskos U20 3 36.74, Slegge U20 2 55.11, Kule J18/19 6 9.68, Diskos J18/19 2 36.68, Slegge J18/19 1 54.85

**Myren, Eline Mathea** (11.10.2004)

2019 Motbakke 25 82:09

**Mæhle, Kristin** (24.11.2003)

2019 Lengde inne J16 q2 NM, Tresteg inne J16 8 10.11

**Mæland, Inger Elisabeth Tvedt** (28.8.1979)

2019 Halvmaraton 4 1:23:26

**Mæland-Herheim, Synne** (23.2.2003)

2019 4x800 mixlag U20 1 9:19.28

**Mögenburg, Katarina** (16.6.1991)

2019 Høyde 3 1.70, Høyde uten tilløp 1 1.45

**Mørk, Emma Kirkeberg** (20.12.2002)

2019 5000 13 17:44.40, 3000 U20 6 9:48.33

N

**Nedberg, Elise Martinsen** (12.3.1997)

2019 Høyde =9 1.60, Lengde 11 5.26, 11q 5.37, Tresteg 9 11.20, Høyde inne =4 1.70, Lengde U23 5 5.24, Tresteg U23 4 11.15, Høyde inne J20-22 1 1.60, Lengde inne J20-22 3 5.21, Tresteg inne J20-22 3

**Nedberg, Tonje** (25.12.1999)

2019 100 hekk U23 4 15.61, Høyde U23 3 1.60

**Nesheim, May Evy** (2.11.1975)

2019 Motbakke 15 68:22

**Netland, Liv Torunn** (17.5.1985)

2019 Terrengultra 10 7:58:40

**Ng, Oda Linnea** (14-6-2004)

2019 100 J15 5s1 13.05w, 3h2 13.21, 200 J15 5s2 28.25, 2h4 28.09, Lengde J15 11q2 4.13, 60 inne J15 4h2 8.41, 200 inne J15 6 27.65, 2h4 27.49, Lengde inne J15 5 4.92, 3q1 4.90, 4x200 inne J15-17 h1 DQ:R163.3

**Nicolaisen, Siw-Heidi Benonisen** (27.1.1970)

2019 24 timer ultra 7 178.944

**Nilsen, Ingvild Hognestad** (8.9.2001)

2019 100 J18/19 7h2 13.35, 200 J18/19 6h3 NT

**Nilsen, Julie Noraberg** (4.1.2000)

2019 Kule 5 11.79, Diskos 9 39.64, Kule inne 3 11.92, Kule inne J18/19 1 12.11

**Nilsen, Ruth-Margrethe Austad** (7.6.2003)  
 2019 Slegge U20 4 44.93, Slegge J16 1 50.43

**Nilsen, Åshild Annie** (18.5.1967)  
 2019 24 timer ultra 11 160.563

**Nilssen, Henriette** (11.3.2003)  
 2019 3000 J16 11 11:15.26, 1500 hinder J16 =5 5:35.83

**Nilssen, Ingrid Kilvær** (21.1.2003)  
 2019 800 J16 9 (2h1) 2:24.04, 3000 J16 12 11:26.78, 800 inne J16 5 (1h1) 2:29.73

**Nilsson, Live Gjesdal** (28.11.1966)  
 2019 Halvmaraton 16 1:52:45

**Nitteberg, Victoria Hammersmark** (30.7.2003)  
 2019 4x800 mixlag U20 1 9:19.28

**Nordanger, Bente Haug** (14.11.1959)  
 2019 24 timer ultra 16 149.807

**Nordanger, Thea Lovise** (12.7.2003)  
 2019 200 J16 6h4 28.56, 1000 stafett J17-19 4 2:25.41

**Nordengen, Liv** (2.4.1998)  
 2019 2km terreng 12 6:10, 6km terreng 18 22:26

**Nordskar, Sylvia Thorson** (19.6.1993)  
 2019 Terrengultra 1 6:19:00

**Nordås, Lotte Selvåg** (17.4.2000)  
 2019 Kule J18/19 2 11.10, Spyd J18/19 1 43.66

**Norheim, Johanne** (9.10.2003)  
 2019 4x600 J16 4 7:21.96

**Norstrøm, Anniken** (20.6.2004)  
 2019 200 J15 7h1 29.79, Lengde J15 13q2 3.90

**Novik, Maryna (UKR)** (12.12.1981)  
 2019 5000 7 17:22.99, 10000 5 36:05.32, Maraton 2 2:53:04

**Nyberget, Michelle Marie** (18.10.2003)  
 2019 Høyde NM, Høyde inne 6 1.60, Høyde U20 9 1.55, Høyde uten tilløp U20 2 1.30, Høyde J15 3 1.60, Høyde inne J15 6 1.53, Høyde J16 4 1.53, Høyde inne J16 1 1.64, =1q2 1.64

**Nyborg, Emily** (25.7.1998)  
 2019 60 inne J20-22 3 7.94, 2h2 7.97, Lengde inne J20-22 1 5.46, Tresteg inne J20-22 3 11.48, 4x200 inne J18-22 5 2:00.57

**Nyborg, Marte** (9.2.1999)  
 2019 800 inne 5 (2h1) 2:15.39

**Nyenetue, Fannie Ciatta** (30.10.2004)  
 2019 100 J15 6h1 13.50w, Lengde J15 8 4.60w, 4q2 4.56

**Nyfors, Malin Ingeborg** (12.7.1997)  
 2019 60 inne 8s3 8.15, 6h2 8.04, 4x200 stafett inne 1 1:41.26, 60 inne J20-22 5h2 8.27, 200 inne J20-22 6 27.12 3h1 26.43, 400 inne J20-22 1 59.39

**Nygård, Silje Eide** (16.10.2003)  
 2019 Kule J16 7 9.96

**Nyhus, Mille Eide** (1.5.2003)  
 2019 400 DNS, 4h2 59.37, 800 J16 10 (8h2) 2:24.90, 800 inne J16 2 (2h2) 2:15.80, 1500 inne J16 2 4:48.60, Tresteg inne J16 3 11.62

**Nystad, Vera Vigunante** (18.12.1945)  
 2019 Maraton 12 3:53:36

**Næss, Christine** (18.12.2000)  
 2019 1500 9 4:31.45, 3h2 4:42.34, 1500 U20 3 4:34.42, 4h2 4:45.27, 2km terreng U20 4 5:52, 800 J18/19 4 2:15.22, 3000 J18/19 1 9:54.37

**Nøkling, Marie Johnsen** (25.10.1966)  
 2019 Maraton 20 4:41:34

O

**Odland, Oddveig** (20.10.1981)  
 2019 Maraton 5 3:23:18

**Ogoti, Abigail** (28.8.2002)  
 2019 60 U20 4s1 12.743h3 12.83, 200 U20 5s1 26.38, 2h1 26.29, 100 J17 2 12.45, 1h1 12.60, 200 J17 1 25.73w, 1h1 26.34

**Okparaebo, Angelica** (13.10.1997)  
 2019 100 7h3 12.80, 4x100 stafett 2 50.24, 100 U23 5 13.09, 60 inne J20-22 5 7.97, 2h1 7.98, 4x200 inne J18-22 4 1:50.97

**Okparaebo, Ezinne** (3.3.1988)  
 2019 100 1 11.40, 1s2 11.54, 1h3 11.77

**Okparaebo, Chiamaka G.** (26.2.1992)  
 2019 Tresteg 3 12.80

**Olsen, Amalie Evjen** (1.3.2002)  
 2019 Diskos J17 8 24.31, Slegge J17 6 36.64

**Olsen, Karoline Comiskey** (15.11.1997)  
 2019 6km terreng 22 22:35

**Olsen, Malin Marie Rosvoll** (25.11.1999)  
 2019 100 U23 4 12.71, 60 inne J20-22 7 8.21, 3h1 7.99, 200 inne J20-22 4 26.11, 2h1 26.28, 4x200 inne J18-22 1 1:44.26

**Olsen, Ulrikke Lervik** (2.10.2002)  
 2019 1000 stafett J17-19 2 2:21.02

**Olsholt, Sofie** (8.2.1996)  
 2019 Tresteg inne 5 12.18, Lengde uten tilløp 6 2.49

**Ombeni, Rachel** (20.6.2001)  
 2019 Tresteg 7 11.81, Tresteg U20 2 11.75, 5q 11.33

**Onstad, Oda Utsi** (12.5.1990)  
 2019 Lengde 1 6.34, 2q 6.08, Tresteg 1 13.56, Lengde inne 1 6.27, 4q1 5.70, Tresteg inne 1 13.65, Lengde uten tilløp 1 2.99

**Opdahl, Malin** (10.5.2003)  
 2019 2000 gang J16 3 11:33.55, Slegge J16 NM, 1000 stafett J15/16 6 2:33.70, 1500 gang inne J16 2 8:39.41, Lengde inne J16 q1 NM, Tresteg inne J16 14 9.17, Kule inne J16 15 8.04

**Opheim, Emma** (8.5.2004)  
 2019 60 inne J15 6h3 8.68, 200 inne J15 3h5 28.19, 60 hekk inne J15 5h1 10.48, 4x200 inne J15-17 6 (2h1) 1:50.91

**Opland, Aurora Erlandsen** (9.12.2003)  
 2019 Høyde inne J16 10 1.45, =4q2 1.45, Tresteg inne J16 10 9.89, 4x200 inne J15-17 7 (3h1) 1:57.24

**Oppegaard, Linn** (23.12.98)  
 2019 100 7 11.99, 2s1 11.90, 2h3 12.03, 200 5 24.86, 4s2 24.63, 2h1 24.97, 100 U23 1 11.86, 200 U23 1 24.29, 400 U23 1 55.50

**Opsahl, Elise Hay** (21.2.1975)  
 2019 Halvmaraton 7 1:25:30

**Ose, Julie Ekeland** (10.5.2004)  
 2019 4x100 stafett U20 DQ:R170.14, 100 J15 7s1 13.17w, 3h1 13.21w, 200 J15 5h4 28.59, Høyde J15 8 1.46, Tresteg J15 14 9.11, 4x100 J16 2 54.18

**Osen, Pernille Aaslid** (3.4.2004)  
 2019 100 J15 5h3 13.68, Høyde J15 =10 1.41, 200 inne J15 4h2 30.24, Høyde inne J15 =5 1.40

**Osnes-Ringen, Christina Elise** (30.3.2003)  
 2019 4x800 stafett 1 9:21.10, 3000 J16 9 11:01.34

**Otervik, Kristin Svendby** (15.9.2001)  
 2019 1500 U20 5 4:35.11, 3h2 4:45.24, 800 J18/19 2 2:14.16, 400 inne J18/19 8 (5h2) 64.83

**Ottersland, Signe Kjesbu** (27.2.2001)  
 2019 400 inne J18/19 7 (3h1) 63.16, 4x200 inne J18-22 5 2:00.57

**Oulie, Helene** (17.5.2001)  
 2019 1000 stafett U20 5 2:22.39, 100 J18/19 6 13.14, 4h1 12.86w, 200 J18/19 4h2 27.11, 100 hekk J18/19 4 15.02, 1000 stafett J17-19 1 2:19.38

P

**Pedersen, Isabelle Sandstedt** (27.1.1992)

2019 100h 1 13.16, 1h2 13.49

**Pedersen, Miriam** (20.2.2004)

2019 200 U20 3h1 26.59, 100 J15 2 12.56w, 1s2 12.65w, 1h1 12.67w, 200 J15 s1 DNS, 2h3 27.46

**Pedersen, Nora Brandsnes** (1.3.2003)

2019 800 J16 8 (1h1) 2:23.61

**Pedersen, Synne** (21.2.2004)

2019 Diskos J15 5 29.72, Slegge J15 2 41.46

**Pedersen, Tone Lise** (28.4.2003)

2019 5000 gang 4 30:13.2, 2000 gang J16 2 10:35.71

**Pettersen, Kaja Mørch** (6.11.2001)

2019 Spyd 4 49.72

**Pettersen, Kristine Marie** (18.7.2001)

2019 100 J18/19 4 12.60, 2h1 12.61w, 200 J18/19 6 26.36, 3h3 NT, omløp 1h3 26.79

**Pettersen, Lise Lysfjord** (17.6.1971)

2019 Terrenkultra 18 14:18:28

**Pettersen, Marte** (30.4.1997)

2019 100 6 11.97, 3s2 11.86, 2h5 12.05, 200 s1 DNF, 1h3 25.04, 200 inne 2 24.64, 1h2 24.81, Lengde uten tilløp 4 2.64, 60 inne J20-22 1 7.63, 1h1 7.70, 200 inne J20-22 1 24.55, 1h1 25.25

**Pharo, Heidi Dietrichson** (9.5.1987)

2019 6km terreng 8 21:23

**Plukkerud, Karen** (30.10.2002)

2019 400 U20 5h1 61.89, 800 U20 6h3 2:24.23, 300 hekk J17 6 48.82, 800 inne J17 3 2:21.44

**Poirot, Delphine Catherine (FRA)** (7.1.1995)

2019 5000 DNF, 3000h 4 11:39.76, 3000 inne 9 10:31.32, 1x6km terrengstafett 1 16:38, 6km terreng 17 22:22

**Prøitz, Maiken Homlong** (16.6.2004)

2019 800 U20 4h1 2:21.07, 1500 U20 9h2 4:50.30, 800 inne J15 3 (3h3) 2:22.86, 1500 inne J15 2 4:57.27, 2km terreng J15 6 6:18, 4km terreng J15 6 14:56

**Puntervold, Anne Tove** (3.5.1979)

2019 Halvmaraton 15 1:48:29, Maraton 11 3:46:22

Q

**Qvale, Marie Synnøve** (5.7.1994)

2019 5000 12 17:43.29

R

**Rebård, Ingrid Gjendine Gjelstad** (1:12.2003)

2019 2km terreng J16 10 6:46, 4km terreng J16 8 16:13

**Refsdal, Astrid Skiri** (16.8.2001)

2019 Høyde J18/19 2 1.53

**Refvik, Julia Eveline** (26.5.2004)

2019 Diskos J15 7 28.99

**Reknes, Astrid** (17.7.2004)

2019 4x800 stafett U20 2 9:52.61, 800 J15 21 (8h2) 2:37.61, 800 inne J15 5 (5h3) 2:25.09, 4x600 J16 3 7:20.21

**Reppe, Kristina Stensvoll** (3.4.2000)

2019 60 hekk inne 2 8.50, Lengde inne 2 6.15, 2q1 5.88, 60 inne J18/19 5 7.91, 1h2 7.92, Lengde inne J18/19 1 5.89, Tresteg inne J18/19 1 12.16, Kule inne J18/19 5 8.72

**Retzius, Lene Onsrud** (4.1.1996)

2019 Stav 1 4.32

**Riise, Hilda-Lovise Riisnes** (10.10.2003)

2019 100 J16 4h1 13.11w, 200 J16 8 26.82, 4s1 27.57, 4h4 27.72, Stav J16 5 5.21w

**Ringdal, Hege Høgalmen** (25.4.1999)

2019 Motbakke 20 75:05

**Ringen, Sigrid Lovise** (8.4.2003)

2019 200 J16 7h2 28.99, Spyd J16 8 28.07

**Riseth, Kristin** (31.7.1996)

2019 Motbakke 2 54:19, 6km terreng 26 23:20

**Rismark, Emmy Margrethe** (19.1.2003)

2019 1000 stafett J15/16 4 2:27.72

**Rismark, Ingrid Pernille** (24.6.2001)

2019 400 U20 2 58.23, 2h4 58.03, 1000 stafett U20 5 2:22.39, 100 J18/19 DNS, 4h2 12.94, 200 J18/19 3h1 27.44, 400 J18/19 5 62.02, 1000 stafett J17-19 1 2:19.38

**Roe, Mariann Austigard** (31.1.1997)

2019 6km terreng 15 21:55

**Roe, Matilde** (9.10.1996)

2019 Diskos 4 47.11

**Rognstad, Audhild Bakken** (16.2.1991)

2019 Motbakke 12 66:42

**Rognsø, Nora Indreeide** (29.6.2003)

2019 Motbakke 27 89:50

**Romsaas, Ingeborg** (15.8.2004)

2019 200 J15 6h4 29.35, Lengde J15 q1 NM, Tresteg J15 11 9.57w, 1000 stafett J15/16 7 2:33.92

**Rooth, Andrea** (6.3.2002)

2019 100h DNS, 3h1 14.24, 100 hekk U20 2 13.92, 1h1 13.94, 400 hekk U20 1 61.19, 1h1 60.21, 4x100 stafett U20 1 48.68, 100 J17 1 12.05, 1h3 12.11, 100 hekk J17 1 13.47, Lengde J17 1 5.41, 60 inne J17 1 7.73, 1h1 7.82, 200 inne J17 1 24.73, 1h1 25.39, 400 inne J17 1 (1h2) 56.91, 60 hekk inne J17 1 8.41, Høyde inne J17 3 1.40, 5-kamp inne J17 1 3.960, 7-kamp J17 1 5.233

**Rooth, Kajsa** (23.9.2003)

2019 1000 stafett U20 1 2:16.04, 60 inne J16 7 8.21, 4s1 8.15, 2h1 8.13, 60 hekk inne J16 4 8.97, 2h1 8.96, Høyde inne J16 9 1.50, =4q2 1.45, Lengde inne J16 5 4.90, 4q1 4.93, Kule inne J16 7 10.22, 5-kamp inne J16 2 3.256, 7-kamp J16 DNF

**Roppen, Kornelia** (1.3.2002)

2019 1000 stafett DNF, Lengde inne 8q1 5.08, 4x200 stafett inne 3 1:44.36, 200 U20 4h1 26.64, Høyde U20 =5 1.60, Lengde U20 7 5.50, 6q 5.36, 1000 stafett U23 2 2:19.53, 100 J17 5 12.73, 2h1 12.83, Høyde J17 2 1.50, Lengde J17 4 5.06, 1000 stafett J17-19 6 2:27.97, 200 inne J17 3h1 27.33, Høyde inne J17 1 1.60, Lengde inne J17 4 5.18, Tresteg inne J17 3 10.38, 4x200 inne J15-17 4 (1h1) 1:49.72

**Rosvold, Elisabeth Thon** (13.11.2002)

2019 Diskos 1 49.33, Kule U20 1 13.38, Diskos U20 1 47.40, Kule J17 2 14.44, Diskos J17 1 46.25, Slegge J17 2 49.77, Kule inne J17 1 14.35

**Rud, Mari Andreassen** (1.11.2001)

2019 800 7h1 2:16.68, 800 inne J18/19 3 (3h2) 2:22.25, 1500 inne J18/19 2 4:44.93

**Ruiter, Lisa de (NED)** (26.10.1991)

2019 800 7h2 2:17.56

**Rustad, Iselin Ween** (16.6.1999)

2019 4x100 stafett 2 50.24, 60 inne J20-22 7h1 8.88, 4x200 inne J18-22 4 1:50.97

**Rustlie, Signy Henden** (29.5.1938)

2019 Maraton 8 3:34:44

**Ruud, Andrine Slettum** (23.5.2004)

2019 800 J15 18 (3h1) 2:33.48, 2000 J15 13 7:03.01, 800 inne J15 13 (3h1) 2:35.04, 1500 inne J15 11 5:37.25

**Ruud, Mari Roligheten** (2.9.2002)

2019 1500 10 4:35.34, =4h2 4:42.53, 1x6km terrengstafett 4 17:07, 1500 U20 2 4:33.18, 1h1 4:38.44, 4km terreng U20 4 14:09, 800 J17 2 2:16.67, 2km terreng J17 1 5:52

**Ruud, Mathilde** (6.5.2000)  
2019 2km terreng U20 8 6:29

**Ruud, Stine Grong** (29.3.1994)  
2019 Stav inne 3 3:50

**Rød, Kristine Meinert** (18.2.2001)  
2019 4km terreng U20 9 14:56

**Rønnevig, Maren** (16.8.2002)  
2019 Stav U20 4 2.90, Stav J17 1 2.70

**Rønning, Camilla Leonardsen** (12.6.1995)  
2019 Kule 2 13.04

**Rønningen, Helene** (4.9.1998)  
2019 100 2 11.48, 1s1 11.66, 1h5 11.68, 200 2 24.02, 1s2 23.86, 1h1 24.95, 1000 stafett DNF, 60 inne 1 7.42, 1s1 7.49, 1h5 7.53

**Rønningen, Kristine Gjelsvik** (25.8.1970)  
2019 24 timer ultra 8 172.605

**Røynealand, Guro Halvorsdatter** (19.4.2003)  
2019 200 J16 5h4 28.29, 300 hekk J16 11 (5h1) 50.32

**Raa, Elisabeth Bolstad** (31.3.2000)  
2019 Høyde U20 =5 1.60, Tresteg U20 13q 10.62, Høyde J16 5 1.53, Tresteg J16 5 10.73w, Høyde inne J16 6 1.55, =1q1 1.45, Tresteg inne J16 5 10.46, Kule inne J16 8 10.00

**S**

**Salemonsens, Kaja Kleppe** (8.9.2001)  
2019 Tresteg 10 10.83, Tresteg inne 7 11.44, Tresteg J18/19 4 11.04w, 60 inne J18/19 5h1 8.47, Tresteg inne J18/19 4 11.45

**Samuelson, Hedda Sofie** (8.3.2004)  
2019 Spyd J15 10 22.42

**Samuelson, Sarah Marie** (23.7.2001)  
2019 800 J18/19 12 2:34.76, 2000 hinder J18/19 DNF

**Sandberg, Emilie** (12.2.2000)  
2019 100h 6 14.36, 3h2 14.69, 60 U20 5s3 12.81, 2h5 12.70, 100 hekk U20 h1 DNS, Lengde uten tilløp U20 5 2.49, 100 hekk J18/19 3 14.47, Lengde J18/19 5 5.14, 1000 stafett J17-19 5 2:25.84

**Sandness, Kirsten** (24.12.1962)  
2019 Terrengultra 14 10:25:50, Halvmaraton 18 2:04:56, 24 timer ultra 27 109.060

**Sandness, Nora** (27.3.2000)  
2019 4x800 stafett 1 9:21.10

**Satkunanathan, Saveetha** (2.2.2004)  
2019 100 J15 8h1 13.76w, 200 J15 7h2 29.74, Lengde J15 q1 NM, Kule J15 12 9.09, Spyd J15 9 25.63, 1000 stafett J17-19 8 2:36.16, 60 inne J15 3h2 8.39, 200 inne J15 DNS, Lengde inne J15 7 4.79, 4q2 4.60, Tresteg inne J15 3 10.56, Kule inne J15 7 9.56

**Schatvet, Oda** (10.2.2004)  
2019 60 inne J15 5h2 8.49, 200 inne J15 3h3 27.84, 60 hekk inne J15 4 9.80, 4h1 9.86, 4x200 inne J15-17 h1 DQ:R163.3

**Schnell, Anastasia Charlotte (GER)** (14.2.2001)  
2019 Høyde U20 =7 1.55, Lengde U20 12 5.13, 10q 5.24, Kule U20 9 10.11, 1000 stafett U20 3 2:19.67, Kule J18/19 4 10.20

**Schønberg, Cassandra** (14.2.2004)  
2019 Stav 6 3.30, 60 inne J15 4 8.30, 1h2 8.30, Stav inne J15 1 3.20, Kule inne J15 8 9.53

**Seger, Elsie Hjarthol** (21.2.2004)  
2019 Kule J15 4 10.40, Diskos J15 11 25.51, 1000 stafett J15/16 5 2:28.10

**Seiler, Siren Amelia** (28.6.1998)  
2019 2km terreng 8 5:58, 6km terreng 13 21:41, Halvmaraton U23 2 1:23:48

**Seim, Maren Stensvåg** (4.3.2000)  
2019 Diskos J18/19 3 32.82, Spyd J18/19 3 29.60

**Simonsen, Elise Fredheim** (2.2.2004)  
2019 2km terreng J15 12 6:42

**Sirevåg, Anna Maria Nordengen** (24.5.2004)  
2019 1500 U20 11 4:41.58, 3000 U20 5 9:55.09, 800 J15 4 (4h3) 2:22.78, 2000 J15 1 6:28.23, 1500 hinder J15 1 5:03.97, 2km terreng J15 3 6:08, 4km terreng J15 1 13:55

**Skard, Sofie** (2.6.2004)  
2019 Høyde uten tilløp U20 7 1.20, 80 hekk J15 4 13.43, Høyde J15 3 1.52

**Skaret, Elisabeth** (6.12.1957)  
2019 Halvmaraton 19 2:08:39

**Skjellum, Ine** (30.8.1998)  
2019 6km terreng 19 22:26

**Skjerdal, Julie Kristin** (6.5.2003)  
2019 100 J16 7 13.63w, Kule J16 9 9.87

**Skjesol, Ella Njaastad** (19.4.2004)  
2019 400 U20 3h2 59.55, 1000 stafett U20 2 2:16.31, 100 J15 4 12.79w, 2s1 12.64w, 1h3 13.03, 800 J15 3 (3h3) 2:21.55, 1000 stafett J15/16 1 2:20.20, 200 inne J15 3h2 28.28, 800 inne J15 4 (4h3) 2:24.19, 4x200 inne J15-17 6 (2h1) 1:50.91

**Skjetne, Ane** (2.2.2004)  
2019 800 U20 5h3 2:20.54, 200 inne J15 27.14, 1h3 27.35, 800 inne J15 2 (2h3) 2:22.71, 4x200 inne J15-17 1 (1h2) 1:43.97, 4x100 J16 1 49.29, 4x600 J16 1 6:35.92

**Skjæggestad, Marie** (18.1.1999)  
2019 4x400 stafett 1 3:46.46

**Skogen, Aud** (28.3.1966)  
2019 Halvmaraton 11 1:37:27

**Skotheim, Eirin Aae** (11.12.2004)  
2019 Lengde inne J15 7q2 4.29, Tresteg inne J15 8 9.33

**Skyvang, Mari Hytten** (11.11.2003)  
2019 Diskos U20 9 28.10, Diskos J16 2 30.04, Slegge J16 4 42.88

**Skår, Maria Svendsen** (15.10.2002)  
2019 60 U20 6s1 12.91, 3h5 12.82, 200 U20 5h5 26.80, 100 J17 h2 DNS, 60 inne J17 2 7.97, 1h3 8.02, 200 inne J17 3 26.33, 2h5 26.26

**Skåtøy, Kirsti Johnsen** (2.3.1975)  
2019 Terrengultra 4 7:16:33

**Slettum, Elisabeth** (31.8.1986)  
2019 200 1 23.91, 2s2 23.96, 1h4 24.93, 400h 2 58.84, 1000 stafett 1 2:15.34, 4x100 stafett mixlag 1 44.14, 4x400 stafett mixlag 1 3:39.1

**Slinning, Sanne Kvalsvik** (21.8.2003)  
2019 Stav inne J16 4 2.20

**Slåttøy, Sara** (28.9.2004)  
2019 Kule J15 10 9.62

**Smesrud, Martine** (24.9.2003)  
2019 4x600 J16 4 7:21.96

**Smith, Yvonne Cathrine Kristiansen** (18.4.1979)  
2019 Halvmaraton 8 1:28:03

**Sochal, Wiktorija (POL)** (5.2.2004)  
2019 4x400 stafett 3 4:10.38, 100 J15 8 13.03w, 4s1 12.91w, 2h3 13.07, 60 inne J15 6 8.37, 4h1 8.38, 200 inne J15 2h5 27.67, 4x200 inne J15-17 3 (3h2) 1:45.49

**Solheim, Anna** (18.2.2004)  
2019 Høyde uten tilløp U20 4 1.30, 80 hekk J15 DQ, Høyde J15 =6 1.46, Kule J15 5 10.31, Diskos J15 3 30.82, 60 inne J15 8 8.60, 3h1 8.37, 60 hekk inne J15 2 9.36, 2h2 9.49, Kule inne J15 2 10.32, 5-kamp inne J15 1 2.836

**Solheim, Stine Emye** (16.12.2000)  
2019 400 J18/19 8 66.42, 800 J18/19 10 2:31.86



**Solheimdal, Live Johannessen** (23.9.1996)  
2019 5000 10 17:40.67, 6km terreng 5 21:08

**Songe, Helene** (8.10.2002)  
2019 Tresteg J17 6 10.27

**Sortland, Ingrid** (19.9.1999)  
2019 100 5h1 12.92, 200 6h2 25.93, 60 inne J20-22 8 8.30, 4h1 8.20, 4x200 inne J18-22 1 1:44.26

**Sortåsløkken, Tyra** (20.12.2002)  
2019 3000 J17 2 10:53.64, 4km terreng J17 2 15:17

**Sperstad, Merete** (20.2.2003)  
2019 4x800 stafett U20 1 9:41.94

**Stamland, Ylva Synnevaag** (19.5.2004)  
2019 200 U20 4h2 27.86, 400 U20 5h2 63.16, 1000 stafett U20 4 2:19.97, 800 J15 6 (1h2) 2:25.68, 1000 stafett J17-19 4 2:25.41, 2km terreng J15 4 6:10

**Steffensen, Hannah Rimstad** (1.8.2002)  
2019 Lengde 8 5.36, 9q 5.47, Tresteg 11 10.58, Lengde inne 8 5.32, 3q2 5.37, Lengde U20 6 5.53, 7q 5.35, Tresteg U20 4 11.43, 3q 11.48, 1000 stafett U20 6 2:23.94, Lengde J17 3 5.14, Tresteg J17 2 11.71w, 200 inne J17 5 26.63, 2h3 26.52, Lengde inne J17 2 5.46

**Steinsrud, Summer Thalysa** (3.7.2001)  
2019 200 6s2 25.55, 5h3 25.80, 400 5 58.66, 4h1 59.15, 400 U20 6 59.49, 1h2 58.61, 400 hekk U20 2 63.06, 2h1 63.43, 4x400 stafett U20 1 3:53.97, 200 J18/19 4 25.56, 2h3 NT, 400 J18/19 2 58.26, 400 hekk J18/19 2 67.32, 1000 stafett J17-19 2 2:21.02, 60 inne J18/19 8 8.07, 3h2 8.08, 200 inne J18/19 4 25.92, 2h1 25.72, 60 hekk inne J18/19 DNF, 3h1 9.16

**Steiro-Darén, Linea** (26.10.2004)  
2019 Høyde J15 5 1.49, Kule J15 13 8.92, Spyd J15 1 36.17

**Stensrud, Pernille** (2.3.2003)  
2019 4x100 stafett U20 2 49.14, 1000 stafett J17-19 3 2:23.15, 60 inne J16 5h1 8.54, 4x200 inne J15-17 5 (4h2) 1:50.62, 4x100 J16 DQ:R170.4

**Stensøy, Lisa Maylen** (26.1.2004)  
2019 100 6h1 12.95, 200 7h2 25.96, 200 U20 5 26.00, 3s2 25.84, 2h3 26.02, 400 U20 4h4 58.68, 1000 stafett U20 4 2:19.97

**Stigen, Astrid** (14.4.2004)  
2019 3000 U20 11 10:36.68, 4x800 stafett U20 2 9:52.61, 2000 J15 8 6:59.76, 4x600 J16 3 7:20.21

**Stillerd, Kristine Løwe** (25.7.2001)  
2019 Diskos J18/19 5 27.08, 60 inne J18/19 6h1 9.03, 60 hekk inne J18/19 5h1 10.86, Tresteg inne J18/19 11 9.10

**Stokke, Kristin** (28.4.1982)  
2019 24 timer ultra 3 196.361

**Storaker, Marit Aarvaag** (14.12.1988)  
2019 60 inne 7s3 8.01, 3h1 8.00

**Storaunet, Edel Marie** (21.2.1967)  
2019 24 timer ultra 20 136.383

**Storlien, Mille Marie** (8.5.2004)  
2019 4km terreng J15 8 15:22

**Storstein, Irene** (3.4.2003)  
2019 Lengde J16 12 4.11w, Tresteg J16 7 9.67w

**Storøygaard, Malene** (15.1.2004)  
2019 Spyd J15 2 32.92

**Strand, Emma Marie** (5.5.2001)  
2019 3000 gang inne 4 16:46.39

**Størvold, Matilde Flor** (3.12.2004)  
2019 Lengde J15 10q2 4.28, Tresteg J15 15 9.03

**Støten, Magdali** (17.8.1998)  
2019 100h 5 14.21, 4h1 14.60, 60 hekk inne 6 8.95, 100 hekk U23 1 14.15

**Støyva, Malin** (9.8.1994)  
2019 Høyde 6 1.70

**Sundal, Evelyn** (16.2.2003)  
2019 Diskos J16 3 26.85, Slegge J16 8 36.72

**Sundal, Tonje** (12.11.2002)  
2019 Spyd U20 5 33.07, Høyde J17 3 1.45, Kule J17 7 10.85, Spyd J17 5 27.95, Høyde inne J17 2 1.50, Kule inne J17 5 9.88, 7-kamp J17 7 3.133

**Sunde, Tiril Malm** (29.1.1997)  
2019 Stav 5 3.40, Stav inne 5 3.10, Stav U23 1 3.50

**Surendiran, Thulasi** (12.1.2002)  
2019 1000 stafett J17-19 8 2:36.16

**Sureskaran, Gaaviga** (4.6.2002)  
2019 100 J17 5h3 13.40, 200 J17 5h1 28.99, 1000 stafett J17-19 8 2:36.16, 60 inne J17 3h3 8.31, Lengde inne J17 NM

**Svarstad, Sara Aarsvoll** (16.1.1997)  
2019 3000h 2 11:01.54, 2km terreng 10 6:00, 4x800 stafett 1 9:21.10, 6km terreng 12 21:36, 3000 hinder U23 1 10:52.70

**Sveen, Alva Barthel** (15.4.2003)  
2019 Høyde inne J16 9q1 1.40, Lengde inne J16 7q2 4.28

**Sveinungsen, Madelen Haaheim** (23.5.2002)  
2019 Høyde U20 4 1.60, Høyde J17 1 1.60

**Svoren, Camilla** (8.5.2004)  
2019 800 U20 8h3 2:29.78, 1500 U20 h1 DNF, 800 J15 16 (7h2) 2:30.14, 1500 hinder J15 5 5:34.68, 1000 stafett J15/16 8 2:39.94, 800 inne J15 h1 DNF, 1500 inne J15 5 5:04.52

**Syvetsen, Silje-Kathrine** (23.4.1983)  
2019 Terrenkultra 8 7:37:22

**Sæten, Amalie Manshaus** (12.12.1997)  
2019 800 3 2:08.22, 3h2 2:14.91, 1500 2 4:24.33, 1h2 4:42.15, 6km terreng 4 21:04

**Sætre, Caroline Amalie** (10.5.2001)  
2019 Lengde 14q 5.21, 60 hekk inne DNF, Lengde inne 9q1 4.94, 200 U20 6h5 27.21, Lengde U20 15q 5.00, 1000 stafett U23 2 2:19.53, Stav J18/19 2 2.60, Lengde J18/19 3 5.25, Spyd J18/19 4 25.67, 1000 stafett J17-19 6 2:27.97, Stav inne J18/19 2 2.70, 4x200 inne J18-22 2 1:45.44

**Sønstevoold, Marte** (18.11.1989)  
2019 6km terreng 25 23:03

**Sørbo, Emma Dahl** (10.10.2003)  
2019 60 inne 6s3 7.95, 5h2 7.94, 200 inne 2h7 25.74, Lengde inne 6q2 5.09, 60 U20 5s2 12.82, 2h3 12.76, 200 U20 s2 DNS, 2h4 26.54, 100 J16 3 12.37, 2h3 12.53, 200 J16 4 25.78, 2s2 27.00, 2h4 27.34, 60 inne J16 5 8.06, 2s2 8.04, 1h3 7.95, 200 inne J16 2h5 26.17, Lengde inne J16 NM, 6q1 4.93, 4x200 inne J18-22 1 1:44.26

**Sørensen, Mie Christine Stangeland** (13.8.2004)  
2019 4km terreng J15 12 17:36

**Sørheim, Ingrid Katrine** (3.2.1972)  
2019 Motbakke 16 70:46

**Søvik, Elise Sanden** (16.7.1997)  
2019 60 inne 5h3 8.11, Tresteg inne 6 11.87

**T**

**Teigen, Eli Sofie** (21.6.1974)  
2019 24 timer ultra 26 111.930

**Thillesen, Anne-Grethe** (15.8.1968)  
2019 Terrenkultra DNF

**Thomassen, Lisa Maria** (30.8.1994)  
2019 2km terreng 11 6:09

**Thoresen, Ronja** (8.3.2002)  
2019 Kule J17 8 10.49, Kule inne J17 4 10.54

**Thorolfsdottir, Selma Lif (ISL)** (22.8.1998)

2019 4x200 stafett inne 4 1:45.24, Høyde uten tilløp 3 1.20, Lengde uten tilløp 9 2.29, Høyde inne J20-22 4 1.55, Lengde inne J20-22 5 4.93

**Thorshaug, Milla** (4.11.2004)

2019 100 J15 6h2 13.69, Lengde J15 10 3.91w, 8q2 4.34, 60 inne J15 7h3 8.72, 200 inne J15 4h5 29.22, Lengde inne J15 q1 NM, Kule inne J15 12 7.71

**Thorsheim, Andrea** (3.2.2001)

2019 100h 5h2 15.26, Lengde 10 5.30, 10q 5.42, Lengde inne 10 5.08, 5q2 5.11, 100 hekk U20 5 15.43, 3h1 15.21, Lengde U20 10 5.22, 8q 5.33, 1000 stafett U23 1 2:16.95, 5-kamp inne U20 3 3.222, 7-kamp U20 2 4.240, 100 hekk J18/19 5 15.40, Høyde J18/19 3 1.50, Lengde J18/19 4 5.14, Tresteg J18/19 3 11.13w, 60 hekk inne J18/19 4 9.22, 3h2 9.38, Høyde inne J18/19 3 1.55, Lengde inne J18/19 3 5.38

**Thorsheim, Linnea** (22.4.2003)

2019 Lengde J16 NM, Tresteg J16 8 9.42w, Slegge J16 10 29.54

**Thorsås, Frida** (31.1.1994)

2019 2km terreng 7 5:56

**Thunem, Kristina** (20.5.1998)

2019 Kule 3 12.55, Segge 7 44.57, Kule U23 1 11.87, Slegge U23 2 46.48, Kule inne J20-22 1 11.48

**Thunem, Nikoline** (13.7.2004)

2019 Lengde J15 7 4.71w, 6q2 4.48, Diskos J15 9 27.82, Slegge J15 3 40.36, 200 inne J15 4h4 28.55, 60 hekk inne J15 DQ:R162.6, 4h2 10.16, Lengde inne J15 9 4.51, 5q1 4.56, Tresteg inne J15 7 9.35

**Tofte, Johanna Ågesen** (19.7.2003)

2019 800 U20 9 2:19.28, 1h1 2:18.00, 200 J16 5s1 27.64, 2h3 27.95, 800 J16 2 (2h2) 2:18.36, 1000 stafett J15/16 3 2:24.02, 5-kamp inne J16 5 2.957, 4km terreng J16 4 15:03

**Tomasgard, Amalie** (28.3.2002)

2019 800 J17 7 2:35.20, 400 inne J17 9 (4h1) 67.37, 800 inne J17 7 2:36.76, 1500 inne J17 3 5:31.06

**Toogood, Christina Maria** (23.1.1989)

2019 1500 4 4:26.33, 1h1 4:40.64, 1500 inne 4 4:31.60, 2km terreng 4 5:43

**Torp, Synnøve Antonsen** (17.7.1999)

2019 800 6h1 2:16.14, 1500 8h2 4:45.10, 800 U23 1 2:13.84, 1500 U23 3 4:43.01

**Torsvik, Silje** (2.10.1990)

2019 Halvmaraton 6 1:25:30

**Torvund, Therese** (12.2.2002)

2019 2km terreng J17 4 6:21

**Trong-Johansen, Lea** (25.9.2002)

2019 4x400 stafett 1 3:46.46, 100 hekk U20 4h2 15.74, 400 hekk U20 4 65.77, 2h2 68.11, 1000 stafett U20 3 2:19.67, 4x100 stafett U20 2 49.14, 4x400 stafett U20 2 4:00.57, 300 hekk J17 1 45.28, 1000 stafett J17-19 3 2:23.15, 200 inne J17 1h4 26.65, 400 inne J17 7 (2h1) 60.52, 60 hekk inne J17 4 9.60, Lengde inne J17 3 5.36, 4x200 inne J15-17 2 (2h2) 1:44.94

**Tronslien, Synne Leonora** (18.8.2003)

2019 Lengde U20 21q 2.60, Tresteg U20 q NM, Lengde J16 NM, Tresteg J16 NM, Lengde inne J16 11 4.36, 4q2 4.63, Tresteg inne J16 9 10.02

**Trøen, Cathrine** (10.9.2001)

2019 100 6h2 12.88

**Turk, Elizabeth Pettersen** (12.8.2001)

2019 400 hekk U20 4h1 78.50, Kule U20 11 9.10, 400 hekk J18/19 6 76.34, Kule J18/19 5 9.70

**Tvedt, Gro Marcela** (17.8.2002)

2019 100 J17 7 13.14, 2h2 13.02, 200 J17 DNS, 3h2 28.50, 60 inne J17 4h2 8.39

**Tveit, Ingrid** (3.1.2003)

2019 800 J16 13 (4h1) 2:29.16

**Tveit, June Sæbøe** (14.4.1999)

2019 400 4 57.74, 2h1 58.17, 400 U23 2 56.86, 1000 stafett U23 1 2:16.95

**Tveitå, Anette** (9.10.2004)

2019 100 J15 9h4 14.29w, 80 hekk J15 DNF, Kule J15 8 9.67, Spyd J15 5 29.85, 5-kamp inne J15 3 2.628, 7-kamp J15 2 3.439

**Tveitå, Emelia** (3.3.2000)

2019 Kule U20 5 11.63, Diskos U20 4 34.45, Spyd U20 4 37.89, Kule J17 3 13.24, Diskos J17 3 39.83, Spyd J17 3 40.15, 60 hekk inne J17 3 9.45, Kule inne J17 2 13.62, 5-kamp inne J17 DNF

**Tveitå, Unni Olavsdatte** (14.2.2002)

2019 Lengde U20 17q 4.77, Diskos U20 7 33.64, Høyde J17 NM, Lengde J17 8 4.65, Kule J17 4 12.23, Diskos J17 4 35.50, Lengde inne J17 5 5.17, Kule inne J17 3 11.71, 5-kamp inne J17 3 3.152, 7-kamp J17 6 3.768

**Tyldum, Grethe** (8.7.2001)

2019 1x6km terrengstafett 5 17:46, 2km terreng U20 2 5:49, 4km terreng U20 8 14:53, 800 inne J18/19 1 (1h2) 2:19.46, 1500 inne J18/19 1 4:41.54, 4x200 inne J18-22 5 2:00.57

**Tærum, Frida Røe** (18.4.2001)

2019 100 5s3 12.39, 5h5 12.39, 200 8 25.38, 3s1 24.81, 3h2 25.01, 400 inne 1 56.33, 1h2 56.20, 60 U20 3s1 12.54, 2h7 12.66, 200 U20 4 25.57, 3s1 25.19, 1h6 25.51, 4x400 stafett U20 1 3:53.97, 200 J18/19 3 25.26, 1h2 25.79, 400 J18/19 1 57.09, 1000 stafett J17-19 2 2:21.02, 200 inne J18/19 2 24.98, 1h2 24.97, 400 inne J18/19 1 (1h2) 56.06

**Tøsdal, Margunn Bye** (5.2.1985)

2019 Terrenultra 2 7:06:08

## U

**Ukkelberg, Ingrid Eikås** (3.10.1983)

2019 Halvmaraton 3 1:21:06

**Ulset, Ingrid Kvendset** (27.1.1992)

2019 Motbakke 21 74:49

**Ulseth, Elise Hoel** (23.12.1999)

2019 Lengde 5 5.66, 5q 5.65

**Underland, Amelia** (4.11.2004)

2019 Stav J15 6 2.10

**Undheim, Maren** (31.1.2004)

2019 100 J15 8s1 13.48w, 5h1 13.40w, Tresteg J15 6 10.28, Kule J15 9 9.63

## V

**Vallestrand, Liss Johansen** (18.11.1976)

2019 24 timer ultra 23 131.040

**Vartdal, Sigrid** (13.8.2001)

2019 200 U20 5h3 27.98, 100 J18/19 8h2 13.50, 200 J18/19 5h1 28.33

**Vedvik, Leona Andersen** (8.9.2004)

2019 800 U20 4h3 2:18.97, 1500 U20 7h2 4:45.76, 800 J15 2 (2h3) 2:19.00, 2000 J15 3 6:30.38, 1500 inne J15 7 5:05.63, 2km terreng J15 5 6:10, 4km terreng J15 3 14:31

**Veggeland, Turid** (2.3.1959)

2019 Halvmaraton 20 2:48:54

**Vik-Mo, Julie** (20.5.2003)

2019 60 inne J16 6h1 8.74, 4x200 inne J15-17 6 (2h1) 1:50.91

**Vika, Jeanette Johansen** (11.8.1979)

2019 24 timer ultra 4 191.594

**Vikse, Mari** (22.5.2002)

2019 60 inne 8h4 8.74

**Vråle, Solveig Cristina Hernandez** (26.7.1999)  
**2019** 800 5h2 2:15.24, 400h 4 61.66, 4x200 stafett inne 1 1:41.26, 400 U23 3 57.35, 800 U23 2 2:16.09, 400 hekk U23 1 61.06

**Våg, Sigrid Jervell** (6.6.1992)  
**2019** 1500 1 4:23.71, 2h1 4:40.86, 800 inne 2 (2h2) 2:13.77, 1500 inne 1 4:26.43, 2km terreng 1 5:38, 1x6km terrengstafett 1 16:38, 6km terreng 2 20:12

**Våge, Elin Skavnes** (24.1.2003)  
**2019** Kule U20 12 8.90, Slegge U20 7 38.91, Kule J16 4 11.82, Diskos J16 4 26.10, Slegge J16 5 42.23, Kule inne J16 2 11.46

**Vågen, Frida Rolfsdatter** (7.2.2002)  
**2019** 400 U20 3h3 60.93, 800 U20 h3 DNS, 400 J17 2 60.10, 300 hekk J17 4 48.02, Tresteg J17 8 10.09, 200 inne J17 2h1 26.76, 400 inne J17 5 (5h2) 60.42, 800 inne J17 6 2:26.13

**W**

**Wahlberg, Sigrid Bjørnsdatter** (20.2.2003)  
**2019** 800 5h1 2:14.24, 400 U20 5 58.95, 1h4 58.00, 800 U20 7 2:14.41, 2h3 2:15.09, 800 J16 7 (7h2) 2:23.36, 200 inne J16 3h4 27.70, 800 inne J16 1 (1h2) 2:13.24, 1500 inne J16 1 4:48.00, 4x200 inne J15-17 6 (2h1) 1:50.91, 4x600 J16 1 6:35.92

**Waldal, Astri** (4.1.1977)  
**2019** Motbakke 8 61:44

**Wang, Stella Sereina** (22.7.2003)  
**2019** 60 inne J16 5s1 8.22, 3h1 8.21, 200 inne J16 3h1 26.92, 4x200 inne J15-17 h1 DQ:R163.3

**Washington, Lillian Amponsah** (26.10.2003)  
**2019** Høyde U20 =7 1.55, Tresteg U20 8 11.23, 8q 11.15, Høyde J16 3 1.58, Tresteg J16 3 11.27w, 200 inne J16 5h1 29.34, Høyde inne J16 =7 1.50, =1q2 1.45, Lengde inne J16 9 4.67, 2q2 4.69, Tresteg inne J16 4 11.03

**Wathne, Agathe Holtan** (25.7.1994)  
**2019** 100 6s1 12.40, 4h1 12.36, 100h 4 13.71, 2h2 13.93, 1000 stafett 2 2:16.59, 60 inne 7s2 7.99, 4h1 8.02, 60 hekk inne 3 8.56, 4x200 stafett inne 4 1:45.24

**Watson, Mai Elin Blekastad** (13.2.1989)  
**2019** 1500 9h2 4:46.24

**Wedge, Amalie** (17.8.1996)  
**2019** 2km terreng 13 6:41

**Ween, Helle** (19.4.2004)  
**2019** 100 J15 7h3 13.98, 200 J15 7h3 30.12, 1000 stafett J17-19 5 2:25.84

**Weinberg, Stella** (21.10.1998)  
**2019** Spyd 5 48.89

**Wesenberg, Iris Noelle Mellum** (13.5.2004)  
**2019** 200 inne J15 4h3 29.67

**Westerby, Josefine** (11.3.2004)  
**2019** Slegge J15 4 40.08

**Westerlund, Ada Medea** (30.4.2002)  
**2019** 100 hekk J17 3 15.39, 300 hekk J17 7 49.00, Høyde J17 4 1.40

**Wilker, Anja (GER)** (9.10.2004)  
**2019** Kule J15 11 9.59, Diskos J15 2 30.90, Lengde inne J15 8q2 4.20, Kule inne J15 4 9.92, 4x200 inne J15-17 h2 DQ:R170.7

**Wilker, Lisa** (12.6.2003)  
**2019** Lengde 6 5.62, 6q 5.60, Lengde U20 3 5.85, 4q 5.49, Tresteg U20 5 11.41, 7q 11.29, Lengde uten tilløp U20 1 2.65, 100 J16 5 12.49, 3h3 12.56, Lengde J16 2 5.50w, Tresteg J16 2 11.51w, 60 inne J16 2 7.91, 2s1 8.02, 1h4 7.95, 200 inne J16 3 25.22, 1h3 25.54, Lengde inne J16 1 5.65, 3q1 5.20, Tresteg inne J16 1 11.75, Kule inne J16 3 11.19, 4x200 inne J15-17 h2 DQ:R170.7, 5-kamp inne J16 1 3.492, 7-kamp J16 2 4.498

**Williams, Mina de Paoli** (1.5.2003)  
**2019** 60 inne J16 5s2 8.26, 3h4 8.22, 200 inne J16 3h5 27.31, Lengde inne J16 8 4.69, 7q1 4.76

**Wold, Nora Kollerød** (21.6.1997)  
**2019** 200 h4 DNF, 400h 3 59.63, 400 inne 4 57.11, 2h2 57.06, 4x100 stafett 1 48.30, 4x400 stafett 2 3:46.67

**Worpvik, Anna Bakken** (9.3.1998)  
**2019** 4x400 stafett 3 4:10.38, 400 inne J20-22 2 61.67, 4x200 inne J18-22 4 1:50.97

**Wågan, Maria Sagnes** (22.5.1992)  
**2019** 5000 1 16:42.99, 10000 2 34:47.35, 6km terreng 3 20:15

**Y**

**Yangulbaeva, Rayana Mueydovna** (30.5.2004)  
**2019** 1000 stafett J17-19 7 2:34.42

**Yksnøy, Oline Lovise** (1.11.1942)  
**2019** 24 timer ultra 25 120.517

**Ytreaarne, Maria Vie** (21.7.2003)  
**2019** Stav inne NM, Tresteg U20 16q 10.31, 1000 stafett U20 6 2:23.94, Stav J16 2 2.50, Tresteg J16 6 9.87w, Stav inne J16 NM

**Ytrehus, Ingunn** (9.10.1950)  
**2019** Terrengultra 17 13:50:50

**Z**

**Zielinkiewicz, Ania (POL)** (17.10.1989)  
**2019** 1500 12 4:45.94, 6h1 4:41.77, 1500 inne 7 4:44.15, 3000 inne 6 10:09.64

**Ø**

**Ørjavi, Anna Wang** (2.5.2003)  
**2019** 60 inne J16 7s2 8.37, 5h4 8.42, 200 inne J16 2h4 26.68

**Örlygsdóttir, Hera Ran (ISL)** (16.2.2001)  
**2019** Kule J18/19 7 9.00, Slegge J18/19 4 40.47

**Østgård, Ingeborg** (5.10.2003)  
**201** 800 U20 4 2:12.571h3 2:14.39, 800 J16 1 (1h2) 2:16.55, 4km terreng J16 1 13:47

**Østreng, Mia Jenny Nygaard** (19.11.2003)  
**2019** 800 J16 17 (8h1) 2:39.24, 1500 hinder J16 =5 5:35.83, 4x600 J16 4 7:21.96

**Øverby, Mari** (21.9.2001)  
**2019** Lengde inne J18/19 11 4.58

**Øverland, Ida-Louise** (8.9.2003)  
**2019** 100 J16 4h3 12.96, 200 J16 6h3 29.16

**Øvre-Flo, Joanna Kveen** (25.7.2003)  
**2019** 200 J16 7s1 28.09, 5h2 28.07, Lengde J16 6 5.06

**Øye, Kari** (6.4.2001)  
**2019** 60 inne J18/19 5h3 8.39, 200 inne J18/19 4h1 27.34, 400 inne J18/19 9 (4h1) 65.33

**Øyen, Nora** (11.7.2003)  
**2019** Spyd J16 4 38.12

**Å**

**Aaberg, Maria** (5.10.2001)  
**2019** 60 inne 8s2 8.05, 5h5 8.07, 60 hekk inne 5 8.82, 60 hekk inne J18/19 1 8.79, 1h1 8.82, 4x200 inne J18-22 3 1:46.15

**Aakre, Marlen Elisabeth Johansson** (17.9.1993)  
**2019** 100h 4h2 14.86, 60 inne 4s1 7.82, 3h3 7.86, 60 hekk inne 4 8.78, 4x100 stafett 1 48.30, 4x400 stafett 2 3:46.67

**Aam, Martine Bjugan** (4.5.2004)  
**2019** 200 J15 8 27.53w, 3s1 28.04, 3h3 28.47, 80 hekk J15 3 13.39

**Åndal, Oda** (26.7.2002)  
**2019** 3000 J17 3 12:00.92

**Aarebrot, Anniken** (18.8.2002)

**2019** 800 inne 3 (1h1) 2:14.53, 4x400 stafett 2 3:46.67, [400 U20 4h1 59.51](#), [800 U20 5h2 2:17.95](#), 4x400 mixlag U20 2 3:49.06, [800 J17 3 2:17.83](#), 400 inne J17 3 (3h2) 58.50, 800 inne J17 2 2:18.81

**Aarnes, Isabel** (17.1.1984)

**2019** Terrengultra 16 11:04:37, Maraton 18 4:24:51, 24 timer ultra 12 158.341

**Aarseth, Sara** (15.3.1986)

**2019** Halvmaraton 5 1:23:31

**Aarø, Mari Sellevåg** (13.2.1998)

**2019** Tresteg 4 12.35, Tresteg inne 3 12.39, [Tresteg U23 1 12.29](#), [1000 stafett U23 1 2:16.95](#)

**Aase, Thelma** (23.9.2003)

**2019** 60 inne 6h4 8.31, 4x200 stafett inne h1 DQ:R170.7, [200 U20 4h3 27.25](#), [100 J16 5h3 13.02](#), [200 J16 5s2 27.45](#), [3h1 27.59](#), Lengde J16 13 4.03w

**Aasgård, Hedda Hauge** (9.2.2001)

**2019** Diskos J18/19 1 41.04

**Aastad, Kristin** (???.?.1995)

**2019** 24 timer ultra 33 79.716

**Aasmo, Vilde Humstad** (10.10.1998)

**2019** 100 4s2 12.12, 3h1 12.11

**Aasmoe, Frida** (6.1.2003)

**2019** 80 hekk J16 7 13.23, 3h1 13.34, Høyde J16 8 1.48, [1000 stafett J15/16 7 2:33.92](#)