

Norge / Norway: 2011 - Innendørs / Indoor**Kvinner / Women 50-54 år / years**

pr. 30.06.2011 (oppdatert / updated 30.12.2011)

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

60m (K50-54)

9.79	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	29.01.2011
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200m (K50-54)

Manuelle tider / Handtiming:

34.4	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Oslo/Ek	17.03.2011
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Høyde u.t. / Standing High Jump (K50-54)

0.95	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	29.01.2011
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0.74	(1)	Mette Bøthun, Laksevåg T&IL	(57)	Laksevåg	08.01.2011
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Lengde / Long Jump (K50-54)

3.63	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	30.01.2011
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Lengde u.t. / Standing Long Jump (K50-54)

2.19	(1)	Ragnhild Solli, Sømna IL	(59)	Vik i Helgeland	07.04.2011
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2.13	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	29.01.2011
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1.82	(1)	Mette Bøthun, Laksevåg T&IL	(57)	Laksevåg	08.01.2011
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1.54	(1)	May Tone Hansen, Jægervatnet IL	(60)	Sør-Lenangen	29.11.2010
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Tresteg / Triple Jump (K50-54)

8.22	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	29.01.2011
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Kule / Shot Put 3.0 kg (K50-54)

9.37	(1)	Janice Terjesen Flaathe, Lillesand IL	(59)	Lyngdal	27.02.2011
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7.80	(1)	Kate Moane Alnes, Stovnerkameratene	(61)	Stange	30.01.2011
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Kule / Shot Put 4.0 kg (K50-54)

8.05	(1)KS	Janice Terjesen Flaathe, Lillesand IL	(59)	Kristiansand	29.01.2011
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5.16	(5)KS	Hendy Skoglund, IL Sandvin	(61)	Stange	19.03.2011
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