

**IL Trio: Alle tiders beste innendørs****Kvinner senior**

pr. 14.09.2026 (oppdatert 14.09.2026)

**60m kvinner senior - elektroniske tider (8.80)**

|      |      |                                    |      |         |            |
|------|------|------------------------------------|------|---------|------------|
| 8.51 | (1)c | Alexandra Tveit Rosendahl, IL Trio | (10) | Haukås  | 25.01.2026 |
| 8.70 | (1)e | Tone Tjelmeland, IL Trio           | (82) | Leirvik | 13.01.1996 |

**60m kvinner senior - manuelle tider (8.5)**

|     |        |                          |      |           |            |
|-----|--------|--------------------------|------|-----------|------------|
| 8.4 | (1)dh1 | Gry Andersen, IL Trio    | (69) | Bergen/Ha | 04.02.1984 |
| 8.4 | (1)d   | Tone Tjelmeland, IL Trio | (82) | Leirvik   | 12.01.1997 |

**200m kvinner senior - elektroniske tider (30.30)**

|       |        |                                    |      |        |            |
|-------|--------|------------------------------------|------|--------|------------|
| 29.64 | (1)eh1 | Alexandra Tveit Rosendahl, IL Trio | (10) | Haukås | 10.02.2024 |
|-------|--------|------------------------------------|------|--------|------------|

**400m kvinner senior - elektroniske tider (70.20)**

|       |       |                                    |      |        |            |
|-------|-------|------------------------------------|------|--------|------------|
| 64.50 | (1)eB | Alexandra Tveit Rosendahl, IL Trio | (10) | Haukås | 21.01.2024 |
|-------|-------|------------------------------------|------|--------|------------|

**600m kvinner senior (1:55.09/1:55.0)**

|         |     |                                    |      |         |            |
|---------|-----|------------------------------------|------|---------|------------|
| 1:43.93 | (7) | Alexandra Tveit Rosendahl, IL Trio | (10) | Fana/Gn | 07.02.2026 |
|---------|-----|------------------------------------|------|---------|------------|

**800m kvinner senior (2:40.09/2:40.0)**

|         |       |                                    |      |           |            |
|---------|-------|------------------------------------|------|-----------|------------|
| 2:24.25 | (5)cA | Alexandra Tveit Rosendahl, IL Trio | (10) | Hvam      | 08.03.2026 |
| 2:35.5  | (2)f  | Aina Helen Norheim, IL Trio        | (77) | Bergen/Ha | 03.02.1990 |

**Høyde kvinner senior (1.30)**

|      |      |                                    |      |           |            |
|------|------|------------------------------------|------|-----------|------------|
| 1.54 | (2)c | Alexandra Tveit Rosendahl, IL Trio | (10) | Haukås    | 24.01.2026 |
| 1.40 | (2)e | Renate Kaldestad, IL Trio          | (82) | Leirvik   | 14.01.1996 |
| 1.40 | (3)e | Tone Tjelmeland, IL Trio           | (82) | Leirvik   | 14.01.1996 |
| 1.35 | (3)e | Tone Merete Lillesletten, IL Trio  | (69) | Bergen/Ha | 05.02.1983 |
| 1.35 | (2)f | Aina Helen Norheim, IL Trio        | (77) | Bergen/Ha | 04.02.1990 |
| 1.30 | (4)e | Gry Andersen, IL Trio              | (69) | Bergen/Ha | 05.02.1983 |

**Høyde u.t. kvinner senior (1.10)**

|      |      |                                     |      |            |            |
|------|------|-------------------------------------|------|------------|------------|
| 1.29 | (1)d | Gry Andersen, IL Trio               | (69) | Husnes     | 18.01.1984 |
| 1.24 | (1)c | Renate Kaldestad, IL Trio           | (82) | Valen      | 21.12.1997 |
| 1.22 | (1)  | Tone Tjelmeland, IL Trio            | (82) | Valen      | 27.02.2008 |
| 1.18 | (1)e | Mona Hellevik, IL Trio              | (88) | Valen      | 02.02.2002 |
| 1.16 | (1)d | Bente Anita Opsanger, IL Trio       | (80) | Valen      | 02.03.1995 |
| 1.15 | (1)c | Torhild Olsen, IL Trio              | (66) | Husnes     | 13.01.1982 |
| 1.14 | (1)f | Jannicke Skår, IL Trio              | (74) | Valen      | 11.12.1986 |
| 1.12 | (1)f | Silje Haugan, IL Trio               | (78) | Valen      | 22.11.1990 |
| 1.12 | (1)d | Stine Mari Antonsen, IL Trio        | (90) | Valen      | 31.12.2004 |
| 1.12 | (1)d | Cathrine Vangen Horne, IL Trio      | (93) | Valen      | 21.01.2008 |
|      |      | (10)                                |      |            |            |
| 1.10 | (1)d | Trine Skår, IL Trio                 | (71) | Valen      | 12.12.1985 |
| 1.10 | (1)e | Linda Teigen, IL Trio               | (81) | Omvikdalen | 04.02.1995 |
| 1.10 | (1)f | Anne Linn Sæther Kongestøl, IL Trio | (92) | Valen      | 31.12.2004 |

**I konkurranse med seniorutøvere:**

|      |     |                                   |      |            |            |
|------|-----|-----------------------------------|------|------------|------------|
| 1.10 | (4) | Tone Merete Lillesletten, IL Trio | (69) | Omvikdalen | 05.03.1983 |
|------|-----|-----------------------------------|------|------------|------------|

**Lengde kvinner senior (4.50)**

|      |     |                                    |      |         |            |
|------|-----|------------------------------------|------|---------|------------|
| 5.04 | (5) | Alexandra Tveit Rosendahl, IL Trio | (10) | Fana/Gn | 07.02.2026 |
|------|-----|------------------------------------|------|---------|------------|

**Lengde u.t. kvinner senior (2.25)**

|      |      |                               |      |          |            |
|------|------|-------------------------------|------|----------|------------|
| 2.42 | (1)  | Torhild Olsen, IL Trio        | (66) | Valen    | 14.03.1981 |
| 2.39 | (1)  | Tone Tjelmeland, IL Trio      | (82) | Valen    | 05.03.2008 |
| 2.36 | (1)J | Gry Andersen, IL Trio         | (69) | Rosendal | 25.02.1984 |
| 2.34 | (1)d | Berit Anne Hauknes, IL Trio   | (60) | Husnes   | 29.01.1975 |
| 2.32 | (1)d | Mona Hellevik, IL Trio        | (88) | Rosendal | 08.02.2003 |
| 2.31 | (1)g | Renate Hvidevold Moe, IL Trio | (76) | Valen    | 10.12.1987 |
| 2.30 | (1)e | Hilde Bakkebø, IL Trio        | (71) | Husnes   | 12.1984    |
| 2.29 | ( )  | Turid F. Røssland, IL Trio    | (46) | Sunde    | 20.03.1974 |
| 2.29 | (1)b | Renate Kaldestad, IL Trio     | (82) | Valen    | 03.01.1999 |

**Tresteg kvinner senior (9.00)**

|      |      |                                    |      |        |            |
|------|------|------------------------------------|------|--------|------------|
| 9.81 | (1)d | Alexandra Tveit Rosendahl, IL Trio | (10) | Haukås | 16.02.2025 |
|------|------|------------------------------------|------|--------|------------|

**Lav grop:**

|      |      |                          |      |         |            |
|------|------|--------------------------|------|---------|------------|
| 9.72 | (1)d | Tone Tjelmeland, IL Trio | (82) | Leirvik | 12.01.1997 |
|------|------|--------------------------|------|---------|------------|