

## Treningsstevne kast Oslo - Sogn– 3.mai 2013 (Arr. IK Tjålve)

### Diskos

#### J16 (1 kg)

|                         |                       |         |
|-------------------------|-----------------------|---------|
| 1) Vilde Indseth Holten | Asker Skiklubb (1997) | 35,59 m |
| 2) Berit Stunes Isene   | IF Sturla (1998)      | 35,54 m |

#### J18/19 (1 kg)

|                        |                           |         |
|------------------------|---------------------------|---------|
| 1) Marianne Skjeggenes | Aurskog-Høland FIL (1995) | 33,18 m |
|------------------------|---------------------------|---------|

#### G17 (1.5 kg)

|                      |                       |        |
|----------------------|-----------------------|--------|
| 1) Thor Olav Rosvold | Asker Skiklubb (1996) | 55,00m |
| 2) Tarald Strømsnes  | ASK (1996)            | 42,40m |

#### G 18/19 (1,75 kg)

|                           |                  |        |
|---------------------------|------------------|--------|
| 1) Ola Stunes Isene       | IF Sturla (1995) | 54,92m |
| 2) Stig Ove Dahlen Selnes | Namsen FF (1994) | 43,86m |
| 3) Rasmus Stene           | IK Tjålve (1994) | 33,36m |

#### MS (2 kg)

|                            |                 |         |
|----------------------------|-----------------|---------|
| 1) Magnus Røsholm Berntsen | SK Vidar (1989) | 57,89 m |
|----------------------------|-----------------|---------|

### Slegge

#### J16 ( 3kg)

|                            |                 |               |
|----------------------------|-----------------|---------------|
| 1) Beatrice Nedberge Llano | Laksevåg (1997) | uten resultat |
|----------------------------|-----------------|---------------|

#### J17 ( 3kg)

|                      |                        |        |
|----------------------|------------------------|--------|
| 1) Helene Ingvaldsen | IL Norna-Salhus (1996) | 57,42m |
|----------------------|------------------------|--------|

#### J18/19 (4 kg)

|                        |                           |         |
|------------------------|---------------------------|---------|
| 1) Marianne Skjeggenes | Aurskog-Høland FIL (1995) | 40,61 m |
|------------------------|---------------------------|---------|

#### G17 (5 kg)

|                 |                |        |
|-----------------|----------------|--------|
| 1) Joakim Heier | Laksevåg(1996) | 50,93m |
|-----------------|----------------|--------|

#### G18/19 (6 kg)

|                     |               |        |
|---------------------|---------------|--------|
| 1) Jørgen Austnes   | IL Fri (1994) | 63,90m |
| 2) Markus Villanger | ASK (1995)    | 51,56m |

#### MS (7,26 kg)

|                         |                   |        |
|-------------------------|-------------------|--------|
| 1) Kjetil Røste Ringen  | Brandbu IF (1993) | 56,90m |
| 2) Kjetil Reistad Aasen | Løten (1982)      | 47,48m |

### Kule

#### J16 (NB! 4 kg)

|                       |                  |         |
|-----------------------|------------------|---------|
| 1) Berit Stunes Isene | IF Sturla (1998) | 10,80 m |
|-----------------------|------------------|---------|

#### J18/19 (4 kg)

|                    |                    |         |
|--------------------|--------------------|---------|
| 1) Camilla Rønning | Nittedal IL (1995) | 13,05 m |
|--------------------|--------------------|---------|

#### KS (4 kg)

|                           |                   |         |
|---------------------------|-------------------|---------|
| 1) Silje Nordahl Disserud | IL Sandvin (1991) | 12,67 m |
|---------------------------|-------------------|---------|

#### G 18/19 (6 kg)

|                           |                  |        |
|---------------------------|------------------|--------|
| 1) Stig Ove Dahlen Selnes | Namsen FF (1994) | 12,49m |
|---------------------------|------------------|--------|