

## IF HELLAS' BESTENOTERINGER FOR GUTTER

| År               | Res. Vind:   | Navn:                      | Pl. Sted:      | Dato:  |
|------------------|--------------|----------------------------|----------------|--------|
| <b>40 meter</b>  |              |                            |                |        |
| 11               | 6,46(-0,5)   | Scott Ygård                | 2 Drammen      | 100514 |
| 12               | 6,7          | Svein Winberg              | 1 Drammen      | 51084  |
| <b>60 meter</b>  |              |                            |                |        |
| 11               | 8,2 (-1,31)  | Christopher Martinsen      | 1 Hønefoss     | 60992  |
| 12               | 8,09(+2,00)  | Christopher Martinsen      | 2 Nadderud     | 200693 |
| 13               | 7,7          | Arne Høyås                 | 1 Drammen      | 130978 |
|                  | 7,7          | Christopher Martinsen      | 3 Førde        | 110994 |
| 14               | 7,53i        | Scott Ygård                | 1h3 Bærum      | 21217  |
| 15               | 7,2          | Thor Ramberg               | 1 Drammen      | 190639 |
|                  | 7,2          | Terje Nilsen               | 1 Drammen      | 91063  |
| 16               | 7,0          | Harald Ramberg             |                | 58     |
| 17               | 7,02i        | Christopher Martinsen      | 1 Stange       | 280398 |
| 18               | 6,9          | Eddy Hansen                | 1 Drammen      | 140970 |
| <b>80 meter</b>  |              |                            |                |        |
| 11               | 11,5         | Rolf Barkås/Kristian Theie | 1= Drammen     | 200563 |
| 12               | 11,4 (+0,93) | Morten Narvesen            | 1 Kolding      | 300693 |
| 13               | 10,5         | Tom Berntzen               | 1 Jordal       | 220963 |
| 14               | 9,88(+0,4)   | Scott Ygård                | 1h7 Nya Ullevi | 10717  |
| 15               | 9,2          | Thor Ramberg               | 1 Larvik       | 39     |
| 16               | 9,73(+0,2)   | Vegard Hope Bjørge         | 1 Drammen      | 100514 |
| 18               | 9,35(+0,2)   | Patrick Monga Bifuko       | 1 Drammen      | 100514 |
| 19               | 9,95(-1,2)   | Vegard Hope Bjørge         | 1 Drammen      | 240517 |
| <b>100 meter</b> |              |                            |                |        |
| 11               | 13,9         | Christopher Martinsen      | 1 Drammen      | 240992 |
| 12               | 13,34        | Jon Stenmark               | 1h Drammen     | 260994 |
| 13               | 12,61(+0,6)  | Scott Ygård                | 1 Lillestrøm   | 280516 |
| 14               | 12,12(+0,1)  | Scott Ygård                | 1h2 Drammen    | 60517  |
| 15               | 11,53(+0,5)  | Scott Ygård                | 1 Nadderud     | 170618 |
| 16               | 11,42(-1,5)  | Christopher Martinsen      | 3 Lillehammer  | 290697 |
| 17               | 10,92(+0,7)  | Christopher Martinsen      | 3 Nya Ullevi   | 40798  |
| 18               | 11,15(+1,8)  | Anders Hoven               | 6 Lillehammer  | 170787 |
| 19               | 10,93(+1,65) | Anders Hoven               | 2 Nesbyen      | 180688 |
| <b>150 meter</b> |              |                            |                |        |
| 14               | 18,27(+1,0)  | William Kollberg           | 1 Lambertseter | 40518  |
| 16               | 17,85(+0,9)  | Vegard Hope Bjørge         | 2 Drammen      | 100514 |
| 18               | 16,7         | Anders Hoven               | 7 Lambertseter | 90587  |
| <b>200 meter</b> |              |                            |                |        |
| 11               | 29,36(-1,4)  | Kristoffer Hoven           | 1 Nadderud     | 170607 |
| 12               | 27,41        | Jon Stenmark               | 1 Drammen      | 10994  |
| 13               | 25,09i       | William Kollberg           | 1h3 Bærum      | 21217  |
| 14               | 24,33i       | Mathias Kollberg           | 1 Bærum        | 61214  |
| 15               | 23,5         | Anders Hoven               | 1 Lovisenlund  | 260884 |
| 16               | 23,45(-1,25) | Einar Inge Aasen           | 3 Helsingborg  | 110798 |
| 17               | 22,63(+0,71) | Anders Hoven               | 1A Larvik      | 310886 |
| 18               | 22,48(+1,4)  | Einar Inge Aasen           | 1 Røren        | 120600 |

### 300 meter

|    |       |                     |     |              |        |
|----|-------|---------------------|-----|--------------|--------|
| 11 | 50,0  | Torstein Brox       | 2   | Drammen      | 60970  |
| 12 | 46,9  | Torstein Brox       | 1   | Drammen      | 280671 |
| 13 | 44,8  | Jens Ivar Brox      | 1   | Drammen      | 270968 |
| 14 | 39,47 | Scott Ygård         | 4h1 | Nya Ullevi   | 20717  |
| 15 | 39,31 | Jon Stenmark        | 3   | Skien        | 90897  |
| 16 | 36,23 | Einar Inge Aasen    | 2   | Nya Ullevi   | 50798  |
| 17 | 36,5  | Einar Inge Aasen    | 1h  | Lambertseter | 80599  |
| 18 | 37,48 | Odd Arne Elstad     | 1   | Drammen      | 190998 |
| 19 | 36,42 | Ole Thomas Andersen | 2   | Lambertseter | 230904 |

#### 400 meter

|    |       |                        |    |             |        |
|----|-------|------------------------|----|-------------|--------|
| 11 | 76,4  | Eivind Markhus         | 1  | Drammen     | 91075  |
| 12 | 67,1  | Thorbjørn Ruud         | 1  | Drammen     | 41073  |
| 13 | 61,6  | Terje Simensen         | 3  | Drammen     | 230872 |
| 14 | 56,85 | William Kollberg       | 3  | Drammen     | 260818 |
| 15 | 53,70 | Hans Yngvar Theodorsen | 3  | Lillehammer | 290602 |
| 16 | 51,93 | Einar Inge Aasen       | 1h | Lillehammer | 270698 |
| 17 | 50,10 | Einar Inge Aasen       | 2h | Sandefjord  | 160799 |
| 18 | 48,25 | Einar Inge Aasen       | 1  | Florø       | 230700 |

#### 600 meter

|    |         |                       |   |         |        |
|----|---------|-----------------------|---|---------|--------|
| 11 | 1.53,3  | Eivind Markhus        | 1 | Holmsbu | 60675  |
| 12 | 1.45,21 | Christopher Martinsen | 3 | Skien   | 60893  |
| 13 | 1.40,4  | Torstein Brox         | 5 | Bislett | 260572 |
| 14 | 1.31,8  | Torstein Brox         | 2 | Bislett | 310873 |
| 15 | 1.28,2  | Anders Viken          | 3 | Fana    | 250673 |
| 16 | 1.25,6  | Terje Roa             | 5 | Gjøvik  | 250873 |
| 17 | 1.26,4  | Roar Krogh            | 1 | Drammen | 91073  |

#### 800 meter

|    |         |                |    |             |        |
|----|---------|----------------|----|-------------|--------|
| 11 | 2.34,72 | Even Eriksrud  | 5  | Bislett     | 280696 |
| 12 | 2.25,09 | Even Eriksrud  | 1  | Drammen     | 270997 |
| 13 | 2.16,44 | Jon Stenmark   | 3  | Lillehammer | 250695 |
| 14 | 2.08,9  | Torstein Brox  | 6h | Drammen     | 150873 |
| 15 | 2.03,8  | Anders Viken   |    | Bislett     | 200973 |
| 16 | 1.58,4  | Torstein Brox  | 2  | Gjøvik      | 60975  |
| 17 | 1.57,7  | Jens Ivar Brox | 1F | Bislett     | 260972 |
| 18 | 1.55,0  | Roar Krogh     | 1J | Hønefoss    | 170774 |
| 19 | 1.53,9  | Torstein Brox  | 1B | Stovner     | 140878 |

#### 1000 meter

|    |         |                    |    |         |        |
|----|---------|--------------------|----|---------|--------|
| 10 | 3.40,97 | Jan Magnus Olaisen | 1  | Drammen | 170994 |
| 12 | 3.19,2  | Eivind Markhus     | 1  | Drammen | 91076  |
|    | 3.19,29 | Jon Stenmark       | 1  | Drammen | 170994 |
| 13 | 3.16,20 | Jonas Olimstad     | 1  | Drammen | 170994 |
| 14 | 2.53,3  | Torstein Brox      | 1  | Drammen | 41073  |
| 15 | 2.41,8  | Torstein Brox      | 4  | Bislett | 110674 |
| 16 | 2.38,0  | Terje Roa          | 3= | Gjøvik  | 260873 |
| 17 | 2.36,2  | Terje Roa          | 8  | Bislett | 110674 |
| 18 | 2.30,9  | Roar Krogh         | 3  | Bislett | 180874 |

#### 1500 meter

|    |         |               |      |         |        |
|----|---------|---------------|------|---------|--------|
| 12 | 5.20,7  | Per Roar Brox |      | Bislett | 170677 |
| 13 | 4.42,80 | Even Eriksrud | 2    | Røren   | 10698  |
| 14 | 4.31,0  | Torstein Brox | 2    | Drammen | 21073  |
| 15 | 4.22,1  | Torstein Brox | 13h5 | Bislett | 60874  |

|    |        |               |            |        |
|----|--------|---------------|------------|--------|
| 16 | 4.04,8 | Torstein Brox | 1 Bislett  | 290875 |
| 17 | 3.56,4 | Torstein Brox | 1J Bislett | 230976 |
| 18 | 3.49,3 | Torstein Brox | 1 Bislett  | 290677 |
| 19 | 3.52,0 | Torstein Brox | 3 Stovner  | 30778  |

#### 2000 meter

|    |         |                       |         |        |
|----|---------|-----------------------|---------|--------|
| 15 | 6.12,91 | Martin Kirkeberg Mørk | 1 Røren | 160516 |
|----|---------|-----------------------|---------|--------|

#### 3000 meter

|    |         |                       |             |        |
|----|---------|-----------------------|-------------|--------|
| 15 | 9.25,2  | Torstein Brox         | 10J Bislett | 250974 |
| 16 | 8.39,6  | Torstein Brox         | 2B Bislett  | 90975  |
| 17 | 8.48,0  | Roar Krogh            | 3 Gjøvik    | 250873 |
| 18 | 8.27,2  | Torstein Brox         | 17 Bislett  | 250577 |
| 19 | 8.36,52 | Martin Kirkeberg Mørk | 9h5 Bislett | 80720  |

#### 5000 meter

|    |          |                       |             |        |
|----|----------|-----------------------|-------------|--------|
| 16 | 15.30,51 | Martin Kirkeberg Mørk | 11 Harstad  | 130817 |
| 17 | 15.22,70 | Martin Kirkeberg Mørk | 11 Bislett  | 240818 |
| 18 | 14.54,90 | Martin Kirkeberg Mørk | 2 Prestfoss | 250819 |
| 19 | 14.53,95 | Martin Kirkeberg Mørk | 8C Bislett  | 290620 |

#### 10000 meter

|    |         |                |             |        |
|----|---------|----------------|-------------|--------|
| 17 | 33.46,3 | Steinar Jahren | 3 Drammen   | 80988  |
| 18 | 35.48,0 | Ola Indergaard | 30 Drammen  | 81075  |
| 19 | 31.35,4 | Torstein Brox  | (-) Bislett | 270978 |

#### 60 meter hekk(68)

|    |             |                  |           |        |
|----|-------------|------------------|-----------|--------|
| 11 | 10,31(+1,1) | Kristoffer Hoven | 1 Bislett | 180807 |
|----|-------------|------------------|-----------|--------|

#### 60 meter hekk(76,2)

|    |            |                         |            |       |
|----|------------|-------------------------|------------|-------|
| 12 | 10,13      | Christopher Martinsen   | 1 Hønefoss | 40993 |
| 13 | 9,41(-1,0) | William Kollberg        | 1 Hønefoss | 90917 |
| 14 | 9,1        | Øyvind Ramberg Pedersen | 1 Drammen  | 41064 |

#### 60 meter hekk (84)

|    |       |                  |            |        |
|----|-------|------------------|------------|--------|
| 14 | 9,05i | William Kollberg | 1 Grimstad | 280118 |
| 15 | 8,58i | William Kollberg | 1h1 Bærum  | 80219  |

#### 60 meter hekk(91,4)

|    |       |                  |              |        |
|----|-------|------------------|--------------|--------|
| 15 | 9,26i | William Kollberg | 3 Grimstad   | 270119 |
| 16 | 8,26i | Scott Ygaard     | 1 Ulsteinvik | 10319  |
| 17 | 8,26i | Scott Ygaard     | 2 Bærum      | 60320  |

#### 60 meter hekk(106,7)

|    |       |              |             |        |
|----|-------|--------------|-------------|--------|
| 18 | 8,83i | Anders Hoven | 6h1 Ekeberg | 240187 |
| 19 | 8,32i | Anders Hoven | 1h1 Ekeberg | 60288  |

#### 80 meter hekk(76,2)(8h)

|    |             |                       |                |        |
|----|-------------|-----------------------|----------------|--------|
| 13 | 12,50(+0,9) | Christopher Martinsen | 1h Lillehammer | 240694 |
| 14 | 11,7        | Anders Hoven          | 1sf Kongsberg  | 30983  |

#### 80 meter hekk(84)(8h)

|    |             |                |              |        |
|----|-------------|----------------|--------------|--------|
| 13 | 14,2        | Terje Simensen | 2 Drammen    | 250972 |
| 14 | 12,26(+0,4) | Scott Ygård    | 1 Lillestrøm | 280517 |
| 15 | 10,85(+2,0) | Scott Ygård    | 2 Gøteborg   | 10718  |

|                                 |              |                          |                  |        |
|---------------------------------|--------------|--------------------------|------------------|--------|
| <b>80 meter hekk(91,4)(7h)</b>  |              |                          |                  |        |
| 15                              | 12,0         | Øyvind Ramberg Pedersen  | 1 Drammen        | 240965 |
| 16                              | 11,7         | Per Arne Strindeberg     | 2 Drammen        | 61063  |
|                                 | 11,7         | Øyvind Ramberg Pedersen  | 1 Drammen        | 190966 |
| <b>100 meter hekk (84)</b>      |              |                          |                  |        |
| 14                              | 14,99(-0,6)  | William Kollberg         | 2 Drammen        | 260818 |
| 15                              | 13,73(-0,6)  | Scott Ygård              | 1 Drammen        | 260818 |
| <b>100 meter hekk(91,4)</b>     |              |                          |                  |        |
| 15                              | 14,3         | Anders Hoven             | m Florø          | 150984 |
| 16                              | 13,51 (+0,4) | Anders Hoven             | 1 Fana           | 250885 |
| <b>110 meter hekk(91,4)</b>     |              |                          |                  |        |
| 15                              | 18,2         | Øyvind Thorbjørnsen      | 2 Hønefoss       | 50971  |
|                                 | 18,2         | Ole Johnny Lofsberg      | 1 Slemmestad     | 290974 |
| 16                              | 15,28        | Anders Hoven (avst.8,90) | Helsingborg      | 140785 |
| 17                              | 15,95(+0,8)  | Vegard Hope Bjørge       | 3 Lillestrøm     | 110915 |
| <b>110 meter hekk(100)</b>      |              |                          |                  |        |
| 17                              | 14,6 (+0,93) | Anders Hoven             | 1 Hønefoss       | 130986 |
| 18                              | 14,48 (0,0)  | Anders Hoven             | 1 Raufoss        | 50987  |
| <b>110 meter hekk(106,7)</b>    |              |                          |                  |        |
| 15                              | 19,1         | Øyvind Ramberg Pedersen  | 3 Drammen        | 20865  |
| 16                              | 17,3         | Dag Frode Skogheim       | 1 Drammen        | 70983  |
| 17                              | 15,3 (+1,62) | Dag Frode Skogheim       | m Nadderud       | 80784  |
| 18                              | 15,49(+1,8)  | Dag Frode Skogheim       | m Borre          | 50585  |
| 19                              | 14,6(-0,22)  | Anders Hoven             | 1h Voss          | 80788  |
| <b>160m hekk</b>                |              |                          |                  |        |
| 15                              | 24,7         | Øyvind Ramberg Pedersen  | 3 Ørebro         | 65     |
| <b>200 meter hekk(68)</b>       |              |                          |                  |        |
| 13                              | 29,44(-0,7)  | Willian Kollberg         | 1 Jessheim       | 170917 |
| <b>200 meter hekk(76,2)</b>     |              |                          |                  |        |
| 12                              | 38,6         | Kristoffer Bakke Lund    | 1 Drammen        | 190996 |
| 13                              | 31,7         | Anders Hoven             | 3 Drammen        | 140982 |
| 14                              | 29,14(+0,9)  | Scott Ygård              | 1 Furumo         | 100917 |
| 15                              | 29,72(+0,5)  | Bjørn Sigurd Sommerfeldt | 1 Drammen        | 190998 |
| 16                              | 26,70(+1,2)  | William Kollberg         | 1h1 Lambertseter | 280520 |
| 17                              | 26,89(+1,5)  | Jonas Olimstad           | 1 Drammen        | 190998 |
| 18                              | 26,22(-0,36) | Espen Strindeberg        | 1 Drammen        | 220994 |
| 19                              | 25,77(+1,5)  | Knut Harald Sommerfeldt  | 1 Drammen        | 190998 |
| <b>300 meter hekk(76,2)(7h)</b> |              |                          |                  |        |
| 14                              | 43,17        | Scott Ygård              | 1 Lillestrøm     | 280517 |
| 15                              | 41,97        | William Kollberg         | 3h2 Jessheim     | 60919  |
| 16                              | 41,36        | Anders Hoven             | 4 Helsingborg    | 120785 |
| <b>300 meter hekk(84)(7h)</b>   |              |                          |                  |        |
| 15                              | 44,25        | Jon Stenmark             | 1 Furumo         | 70997  |
| 17                              | 42,63        | Vegard Hope Bjørge       | 3 Lillestrøm     | 120915 |
| <b>300 meter hekk(91,4)(7h)</b> |              |                          |                  |        |

|          |                   |                 |        |
|----------|-------------------|-----------------|--------|
| 17 43,91 | Jonas Olimstad    | 3 Prestfoss     | 60998  |
| 18 40,52 | Espen Strindeberg | 4 Førde         | 110994 |
| 19 41,49 | Øystein Fladmark  | 5B Lambertseter | 60589  |

#### **400 meter hekk(91,4)**

|         |                         |           |        |
|---------|-------------------------|-----------|--------|
| 15 63,4 | Øyvind Ramberg Pedersen | Drammen   | 11065  |
| 16 58,8 | Øyvind Ramberg Pedersen | 2 Drammen | 51066  |
| 17 57,8 | Dag Frode Skogheim      | 1 Drammen | 150884 |
| 18 57,2 | Sverre Heimdal          | 4 Hamar   | 10767  |
| 19 55,2 | Per Arne Strindeberg    | 2 Drammen | 170966 |

#### **1500 meter hinder**

|           |                  |           |       |
|-----------|------------------|-----------|-------|
| 17 4.45,4 | Gunnar Martinsen | 3 Drammen | 10963 |
| 18 4.44,2 | Ivar Helgesen    | 1 Drammen | 10962 |
| 19 4.34,4 | Ivar Helgesen    | 1 Drammen | 10963 |

#### **2000 meter hinder**

|           |               |            |        |
|-----------|---------------|------------|--------|
| 15 6.48,0 | Torstein Brox | 5 Hønefoss | 41074  |
| 16 6.21,4 | Torstein Brox | 2 Drammen  | 70775  |
| 17 5.55,8 | Torstein Brox | 1 Bislett  | 150776 |
| 18 5.58,8 | Torstein Brox | 6 Hamar    | 290777 |
| 19 5.55,6 | Torstein Brox | 1 Tønsberg | 40878  |

#### **3000 meter hinder**

|            |                |              |        |
|------------|----------------|--------------|--------|
| 17 10.08,6 | Steinar Jahren | 4 Nesbyen    | 210688 |
| 18 10.08,2 | Ivar Helgesen  | 3 Drammen    | 80962  |
| 19 9.23,4  | Torstein Brox  | 17 Steinkjer | 120878 |

#### **Høydehopp uten tilløp**

|         |                    |             |        |
|---------|--------------------|-------------|--------|
| 11 1,06 | Dag Frode Skogheim | 2 Hokksund  | 40378  |
| 12 1,06 | Petter Torgersen   | 1 Drammen   | 140268 |
| 13 1,22 | Fredrik Skaug      | 1 Hokksund  | 80386  |
| 14 1,42 | Scott Ygård        | 1 Drammen   | 230317 |
| 15 1,46 | Atle Bråthen       | 1 Hokksund  | 140387 |
| 16 1,54 | Atle Bråthen       | 1 Hokksund  | 50388  |
| 17 1,58 | Atle Bråthen       | 1 Lillesand | 160389 |
| 18 1,63 | Atle Bråthen       | 1 Lillesand | 131290 |
| 19 1,60 | Yngve Sporstøl     | 1 Trondheim | 20391  |

#### **Lengdehopp uten tilløp**

|         |                       |                 |        |
|---------|-----------------------|-----------------|--------|
| 11 2,25 | Thorbjørn Ruud        | 1 Drammen       | 30372  |
| 12 2,30 | Dag Frode Skogheim    | 1 Hokksund      | 100379 |
| 13 2,50 | Scott Ygård           | 1 Åmot          | 20416  |
| 14 2,85 | Christopher Martinsen | 1 Skotselv      | 270395 |
| 15 2,97 | Trond Ingebrigtsen    | 1 Drammen       | 170168 |
| 16 3,21 | Christopher Martinsen | 1 Drammen       | 110497 |
| 17 3,38 | Christopher Martinsen | 1 Skedsmohallen | 60398  |
| 18 3,02 | Terje Nilsen          | 1 Drammen       | 170166 |
| 19 3,16 | Peder Stene           | 1 Drammen       | 240395 |

#### **Høydehopp**

|         |                       |             |        |
|---------|-----------------------|-------------|--------|
| 11 1,39 | Gisle Bråthen         | 1 Nadderud  | 110885 |
| 12 1,50 | Christopher Martinsen | 1 Skien     | 70893  |
| 13 1,70 | Gisle Bråthen         | 1 Ørsta     | 10887  |
| 14 1,86 | Atle Bråthen          | 1 Kongsberg | 230886 |
| 15 2,04 | Atle Bråthen          | 1 Fana      | 220887 |

|         |              |             |        |
|---------|--------------|-------------|--------|
| 16 2,03 | Atle Bråthen | 1 Sokna     | 110688 |
| 17 2,07 | Atle Bråthen | 1 Raufoss   | 260889 |
| 18 2,12 | Atle Bråthen | 1 Hønefoss  | 90990  |
| 19 2,14 | Atle Bråthen | 2J Grimstad | 160691 |

### Lengdehopp

|                 |                       |              |        |
|-----------------|-----------------------|--------------|--------|
| 11 4,89s(-0,2)  | Kristoffer Hoven      | 1 Bislett    | 180807 |
| 12 5,17s(-0,5)  | Christopher Martinsen | 2 Skien      | 80893  |
| 13 5,60(+1,3)   | William Kollberg      | 1 Hønefoss   | 90917  |
| 14 6,09         | Mathias Kollberg      | 1 Bærum      | 61214  |
| 15 6,30         | Terje Nilsen          | 2 Gjøvik     | 140963 |
| 16 6,48(+0,9)   | Mathias Kollberg      | 5 Brandbu    | 50816  |
| 17 6,63 (+1,40) | Anders Hoven          | m Jessheim   | 310586 |
| 18 7,05         | Per Arne Strindeberg  | 1 Vikersund  | 260965 |
| 19 6,97(+0,9)   | Mathias Kollberg      | 3 Nya Ullevi | 290619 |

### Tresteghopp

|                 |                         |             |        |
|-----------------|-------------------------|-------------|--------|
| 11 9,94s        | Kristoffer Hoven        | 1 Fana      | 10607  |
| 12 9,87s(+0,8)  | William Kollberg        | 1 Drammen   | 310816 |
| 13 11,83(+0,9)  | William Kollberg        | 2 Jessheim  | 170917 |
| 14 12,08        | Christopher Martinsen   | 1 Drammen   | 160995 |
| 15 13,17        | Dag Frode Skogheim      | 1 Drammen   | 81082  |
| 16 13,12(+0,32) | Atle Bråthen            | (-) Lisleby | 70588  |
| 17 13,77(-0,68) | Dag Frode Skogheim      | 1 Nadderud  | 200884 |
| 18 13,93(+0,4)  | Knut Harald Sommerfeldt | 1 Drammen   | 260997 |
| 19 14,58(+0,78) | Knut Harald Sommerfeldt | 3 Stjørdal  | 150898 |

### Stavhopp

|          |                            |                |        |
|----------|----------------------------|----------------|--------|
| 12 2,00  | Fredrik Skaug              | 1 Drammen      | 91085  |
| 13 2,80  | Bjørn Green                | 4 Drammen      | 51064  |
| 14 2,90i | William Kollberg           | 1 Bærum        | 100218 |
| 15 3,35  | Knut Harald Sommerfeldt    | 3 Kristiansand | 120894 |
| 16 3,80  | Dag Frode Skogheim         | 2 Nadderud     | 180683 |
| 17 4,30  | Dag Frode Skogheim         | m Kristiansand | 290784 |
| 18 4,10  | Stig Mikalsen              | m Fana         | 90685  |
| 19 4,41  | D.F.Skogheim/Stig Mikalsen | 1/2 Raufoss    | 70986  |

### Kulestøt(2)

|          |                          |            |        |
|----------|--------------------------|------------|--------|
| 11 11,40 | Bjørn Sigurd Sommerfeldt | 1 Hønefoss | 30994  |
| 12 12,04 | Bjørn Sigurd Sommerfeldt | 1 Drammen  | 240895 |

### Kulestøt(3)

|          |                   |              |        |
|----------|-------------------|--------------|--------|
| 12 9,54  | Kai Runar Bråthen | 1 Svelvik    | 270875 |
| 13 14,26 | Terje Simensen    | m Frogner    | 81072  |
| 14 16,03 | Terje Simensen    | 1 Lillestrøm | 120873 |

### Kulestøt(4)

|          |                    |            |        |
|----------|--------------------|------------|--------|
| 11 8,71  | Trond Ingebrigtsen | 1 Drammen  | 210864 |
| 13 11,10 | Trond Ingebrigtsen | 1 Hønefoss | 91066  |
| 14 14,25 | Trond Ingebrigtsen | 1 Drammen  | 200967 |
| 15 16,25 | Trond Ingebrigtsen | m Frogner  | 61068  |
| 16 17,84 | Trond Ingebrigtsen | 1 Bislett  | 300869 |

### Kulestøt(5,5)

|          |                    |           |        |
|----------|--------------------|-----------|--------|
| 14 11,12 | Terje Simensen     | 1 Fana    | 250673 |
| 15 12,97 | Trond Ingebrigtsen | 1 Drammen | 71068  |

|    |       |                    |           |       |
|----|-------|--------------------|-----------|-------|
| 16 | 13,79 | Trond Ingebrigtsen | 2 Frogner | 10669 |
| 17 | 14,22 | Trond Ingebrigtsen | 1 Jordal  | 90670 |
| 18 | 15,47 | Trond Ingebrigtsen | 1 Jordal  | 80671 |

#### **Kulestøt(7,257)**

|    |       |                    |           |        |
|----|-------|--------------------|-----------|--------|
| 15 | 10,84 | Trond Ingebrigtsen | 2 Drammen | 230968 |
| 16 | 12,59 | Trond Ingebrigtsen | 2 Drammen | 30969  |
| 17 | 11,97 | Trond Ingebrigtsen | 2 Drammen | 290570 |
| 18 | 12,78 | Trond Ingebrigtsen | 1 Drammen | 90671  |
| 19 | 13,89 | Trond Ingebrigtsen | 1 Drammen | 290872 |

#### **Diskoskast(0,6)**

|    |       |                          |           |        |
|----|-------|--------------------------|-----------|--------|
| 11 | 24,02 | Bjørn Sigurd Sommerfeldt | 1 Furumo  | 130994 |
| 12 | 33,42 | Christopher Martinsen    | 1 Drammen | 120893 |

#### **Diskoskast(1)**

|    |       |                    |             |        |
|----|-------|--------------------|-------------|--------|
| 13 | 36,96 | Thomas Bråthen     | 2 Kongsberg | 270894 |
| 14 | 41,28 | Thomas Bråthen     | 1 Bislett   | 300695 |
| 15 | 44,40 | Trond Ingebrigtsen | 1 Drammen   | 81068  |
| 16 | 43,08 | Dag Frode Skogheim | m Nadderud  | 30983  |

#### **Diskoskast(1,5)**

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| 15 | 36,64 | Trond Ingebrigtsen     | 1 Drammen | 41068  |
| 16 | 41,88 | Ole Henrik Ackenhausen | 1 Drammen | 190998 |
| 17 | 43,22 | Trond Ingebrigtsen     | 1 Drammen | 50570  |
| 18 | 46,70 | Stig Mikalsen          | 2 Larvik  | 250885 |

#### **Diskoskast(1,75)**

|    |       |                        |              |       |
|----|-------|------------------------|--------------|-------|
| 17 | 37,78 | Ole Henrik Ackenhausen | 1 Spikkestad | 70599 |
|----|-------|------------------------|--------------|-------|

#### **Diskoskast(2)**

|    |       |                    |               |        |
|----|-------|--------------------|---------------|--------|
| 15 | 30,00 | Trond Ingebrigtsen | 3 Drammen     | 230968 |
| 16 | 33,34 | Trond Ingebrigtsen | 1 Drammen     | 300569 |
| 17 | 35,20 | Dag Frode Skogheim | m Norrkjøping | 90984  |
| 18 | 42,62 | Trond Ingebrigtsen | 1J Drammen    | 91071  |
| 19 | 43,54 | Trond Ingebrigtsen | 1 Drammen     | 90572  |

#### **Sleggekast(3)**

|    |       |                    |              |        |
|----|-------|--------------------|--------------|--------|
| 11 | 11,26 | Andreas Nicolaysen | 1 Drammen    | 70995  |
| 12 | 18,14 | Thomas Bråthen     | 1 Drammen    | 300993 |
| 13 | 29,09 | William Kollberg   | 2 Lillestrøm | 280517 |

#### **Sleggekast(4)**

|    |       |                        |            |        |
|----|-------|------------------------|------------|--------|
| 13 | 20,26 | Thomas Bråthen         | 1 Drammen  | 80994  |
| 14 | 30,36 | William Kollberg       | 2 Nadderud | 160618 |
| 15 | 41,10 | Ole Henrik Ackenhausen | 1 Furumo   | 60997  |
| 16 | 43,14 | Ole Henrik Ackenhausen | 1 Furumo   | 260598 |

#### **Sleggekast(5)**

|    |       |                             |          |        |
|----|-------|-----------------------------|----------|--------|
| 16 | 21,40 | Kristoffer Ødegård Mertinat | 2 Furumo | 140917 |
| 17 | 33,10 | Kristoffer Ødegård Mertinat | 1 Furumo | 150918 |

#### **Sleggekast(6)**

|    |       |                             |           |        |
|----|-------|-----------------------------|-----------|--------|
| 16 | 31,64 | Geir Wulsch                 | 1 Drammen | 160675 |
| 18 | 32,01 | Kristoffer Ødegård Mertinat | 1 Furumo  | 260619 |

|                          |                    |             |        |
|--------------------------|--------------------|-------------|--------|
| <b>Sleggekast(7,257)</b> |                    |             |        |
| 15 28,02                 | Trond Ingebrigtsen | 2 Drammen   | 31068  |
| 16 31,47                 | Kjell Engebretsen  | 3 Drammen   | 70850  |
| 17 37,24                 | Kjell Engebretsen  | 1 Drammen   | 240851 |
| 18 38,96                 | Kjell Engebretsen  | 1 Drammen   | 160852 |
| 19 43,82                 | Kjell Engebretsen  | 2 Vikersund | 300853 |

|                  |                          |              |        |
|------------------|--------------------------|--------------|--------|
| <b>Spyd(400)</b> |                          |              |        |
| 11 32,66         | Bjørn Sigurd Sommerfeldt | 1 Furumo     | 130994 |
| 12 37,06         | Bjørn Sigurd Sommerfeldt | 1 Drammen    | 270995 |
| 13 26,35         | William Kollberg         | 2 Bækkelaget | 70517  |

|                  |                         |           |        |
|------------------|-------------------------|-----------|--------|
| <b>Spyd(600)</b> |                         |           |        |
| 13 40,38         | Thomas Bråthen          | 2 Skien   | 60894  |
| 14 47,32         | Thomas Bråthen          | 1 Bislett | 270595 |
| 15 48,76         | Trond Ingebrigtsen      | 1 Drammen | 80968  |
| 16 55,62         | Knut Harald Sommerfeldt | m Ørsta   | 20995  |

|                  |                         |           |        |
|------------------|-------------------------|-----------|--------|
| <b>Spyd(800)</b> |                         |           |        |
| 15 41,83g        | Ulf Raffner Johansen    | 6 Drammen | 80865  |
| 16 50,34         | Knut Harald Sommerfeldt | 1 Drammen | 250995 |
| 17 54,54         | Knut Harald Sommerfeldt | 1 Skien   | 170896 |
| 18 62,64         | Knut Harald Sommerfeldt | m Drammen | 80697  |
| 19 60,22         | Knut Harald Sommerfeldt | 2 Drammen | 210598 |

|                       |                |            |        |
|-----------------------|----------------|------------|--------|
| <b>Liten ball(80)</b> |                |            |        |
| 11 58,78              | Arne Dokken    | 1 Hønefoss | 91066  |
| 12 66,00              | Thomas Bråthen | m Ljan     | 150993 |

|                        |                         |           |        |
|------------------------|-------------------------|-----------|--------|
| <b>Liten ball(150)</b> |                         |           |        |
| 11 57,86               | Trond Ingebrigtsen      | m Frogner | 270964 |
| 12 61,43               | Øyvind Ramberg Pedersen | 1 Svelvik | 90962  |
| 13 71,72               | Thomas Bråthen          | 1 Drammen | 30894  |
| 14 78,06               | Thomas Bråthen          | 1 Drammen | 170895 |
| 15 60,04               | Ole Henrik Ackenhausen  | 1 Drammen | 150597 |
| 16 83,40               | Knut Harald Sommerfeldt | 1 Drammen | 170895 |
| 18 74,55               | Ole Henrik Ackenhausen  | 1 Drammen | 230500 |

|                        |                    |             |        |
|------------------------|--------------------|-------------|--------|
| <b>Slengball(1000)</b> |                    |             |        |
| 11 21,25               | Jan Erik Ebbestad  | 1 Drammen   | 21060  |
| 12 21,90               | Vidar Christiansen | 3 Drammen   | 21060  |
| 13 43,29               | Erland Kronstrand  | 2 Kongsberg | 290951 |
| 14 54,68               | Oddbjørn Lindgren  | 1 Kongsberg | 290951 |

|               |                                               |            |        |
|---------------|-----------------------------------------------|------------|--------|
| <b>4-kamp</b> |                                               |            |        |
| 11 3200       | 60m lengde kule 800m<br>Freddy Skogheim       | 5 Konnerud | 310580 |
| 12 3344       | 9,4 3,96 6,10(3) 2.46,7<br>Dag Frode Skogheim | 1 Drammen  | 300979 |
| 13 3190       | 9,0 4,74 8,51(3) 2.36,7<br>Dag Frode Skogheim | 1 Konnerud | 310580 |
| 14 3377       | 8,5 4,95 9,12(3) 2.26,6<br>Arne Høyås         | 4 Fana     | 190879 |

|               |                                              |             |       |
|---------------|----------------------------------------------|-------------|-------|
| <b>4-kamp</b> |                                              |             |       |
| 14 3656       | 80mh høyde diskos 800m<br>Dag Frode Skogheim | 1 Kongsberg | 60981 |

12,2 1,66 33,68(1) 2.17,5

**5-kamp**

|    |      |                                                         |       |       |
|----|------|---------------------------------------------------------|-------|-------|
| 19 | 3169 | Knut Harald Sommerfeldt<br>6,52 55,05 24,6 37,20 4.57,3 | 1 Ski | 90598 |
|----|------|---------------------------------------------------------|-------|-------|

**6-kamp**

|    |      |                                                                                               |            |       |
|----|------|-----------------------------------------------------------------------------------------------|------------|-------|
| 13 | 5287 | 60m høyde kule<br>80mh lengde 800m<br>Thomas Bråthen<br>8,09 1,48 11,73<br>12,90 4,59 2.25,67 | 3 Nadderud | 40894 |
|----|------|-----------------------------------------------------------------------------------------------|------------|-------|

|    |      |                                                         |            |       |
|----|------|---------------------------------------------------------|------------|-------|
| 14 | 5269 | Thomas Vårdal<br>7,79 5,77w 11,31<br>12,85 1,57 2.13,34 | 2 Nadderud | 30995 |
|----|------|---------------------------------------------------------|------------|-------|

**8-kamp**

|    |      |                                                                                                                               |               |        |
|----|------|-------------------------------------------------------------------------------------------------------------------------------|---------------|--------|
| 15 | 4897 | 100mh/diskos/stav/spyd/<br>lengde/kule/høyde/1000m<br>Dag Frode Skogheim<br>15,32 30,08 3,30 43,38<br>6,12 11,95 1,76 2.50,14 | 4 Lovisenlund | 190982 |
|----|------|-------------------------------------------------------------------------------------------------------------------------------|---------------|--------|

|    |      |                                                                         |           |        |
|----|------|-------------------------------------------------------------------------|-----------|--------|
| 16 | 6562 | Dag Frode Skogheim<br>14,63 33,89 3,80 51,90<br>6,28 11,71 1,90 2.50,11 | 2 Aalborg | 170783 |
|----|------|-------------------------------------------------------------------------|-----------|--------|

**9-kamp**

|    |            |                                                                                     |          |        |
|----|------------|-------------------------------------------------------------------------------------|----------|--------|
| 15 | 4705 4686? | Bjørn Sigurd Sommerfeldt<br>15,09 25,65 2,93 43,70<br>12,78 5,65 12,63 1,65 3.19,86 | 3 Lista  | 300898 |
| 16 | 5503       | Bjørn Sigurd Sommerfeldt<br>14,85 33,26 3,30 48,90<br>12,57 6,31 14,05 1,73 3.06,22 | 1 Suldal | 220899 |

**10-kamp(U)**

|    |      |                                                                                      |                |        |
|----|------|--------------------------------------------------------------------------------------|----------------|--------|
| 17 | 7004 | Dag Frode Skogheim<br>11,99 6,45w 12,27 1,96 51,64<br>15,29 36,64 4,30 49,62 4.28,80 | 4 Kristiansand | 290784 |
|----|------|--------------------------------------------------------------------------------------|----------------|--------|

|    |      |                                                                                |           |       |
|----|------|--------------------------------------------------------------------------------|-----------|-------|
| 18 | 6396 | Espen Strindeberg<br>12,0 6,18 12,84 1,75 53,6<br>15,1 37,12 3,90 47,28 4.33,8 | 1 Sandnes | 40994 |
|----|------|--------------------------------------------------------------------------------|-----------|-------|

|    |      |                                                                                           |             |        |
|----|------|-------------------------------------------------------------------------------------------|-------------|--------|
| 19 | 6876 | Bjørn Sigurd Sommerfeldt<br>11,43 6,66 13,19 1,80 51,28<br>15,39 39,32 3,90 51,59 4.43,92 | 14 Kingston | 170702 |
|----|------|-------------------------------------------------------------------------------------------|-------------|--------|

**10-kamp**

|    |      |                                                                                   |           |        |
|----|------|-----------------------------------------------------------------------------------|-----------|--------|
| 15 | 4710 | Dag Frode Skogheim<br>12,4w 5,94w 8,47 1,76 57,2<br>17,5w 22,12 2,60 37,74 4.57,2 | 1 Drammen | 200782 |
|----|------|-----------------------------------------------------------------------------------|-----------|--------|

|    |      |                                                                                        |         |        |
|----|------|----------------------------------------------------------------------------------------|---------|--------|
| 16 | 5046 | Bjørn Sigurd Sommerfeldt<br>12,25 5,95 9,43 1,70 56,90<br>17,7 28,44 3,30 43,08 5.17,1 | 3 Stord | 250799 |
|----|------|----------------------------------------------------------------------------------------|---------|--------|

|    |      |                                                                                   |            |       |
|----|------|-----------------------------------------------------------------------------------|------------|-------|
| 17 | 6797 | Dag Frode Skogheim<br>11,6w 6,65w 10,69 1,99 52,1<br>15,3 34,74 4,00 51,54 4.25,2 | 2 Nadderud | 80784 |
|----|------|-----------------------------------------------------------------------------------|------------|-------|

|    |      |                                                                                 |                |        |
|----|------|---------------------------------------------------------------------------------|----------------|--------|
| 18 | 6703 | Dag Frode Skogheim<br>11,6 6,79 11,04 2,04 52,0<br>15,4 32,92 4,00 44,30 4.32,1 | 1 Kristiansand | 140785 |
|----|------|---------------------------------------------------------------------------------|----------------|--------|

|         |                                                                                            |             |        |
|---------|--------------------------------------------------------------------------------------------|-------------|--------|
| 19 6875 | Bjørn Sigurd Sommerfeldt<br>11,54w 6,79 12,20 1,84 51,27<br>15,65 35,42 4,14 52,98 4.37,56 | 1 Uddevalla | 300602 |
|---------|--------------------------------------------------------------------------------------------|-------------|--------|

**1500m kappgang**

|             |                  |           |       |
|-------------|------------------|-----------|-------|
| 16 8.58,03i | Daniel Hermansen | 3 Drammen | 60119 |
|-------------|------------------|-----------|-------|