

**Stevne:** Treningstevne 13 September 2023  
**Stevnested:** Marienlyst Stadion  
**Stevnedato:** 13.09.2023  
**Arrangør** Hellas IF  
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**Utendørs:** Y  
**Kommentar:** Sol og 20-15 grader

**Resultatliste:** 13.09.2023

|            |                                  |      |           |      |
|------------|----------------------------------|------|-----------|------|
| <b>G10</b> | <b>Lengde</b>                    |      |           |      |
|            | Mikkel Honningsvåg               | 2013 | Hellas IF | 3,59 |
|            | 3,40(-0,7)-3,58(-0,6)-3,59(+0,2) |      |           |      |
|            | Teodor Krogrud                   | 2013 | Hellas IF | 2,49 |
|            | Arian Arfan                      | 2013 | Hellas IF | 2,53 |
| <b>G12</b> | <b>Lengde</b>                    |      |           |      |
|            | Edvard Brun                      | 2011 | Hellas IF | 3,62 |
|            | 3,62(-1,4)-3,32(-1,3)-3,53(-0,2) |      |           |      |
|            | Johan Indergaard Skjøien         | 2011 | Hellas IF | 3,14 |
|            | Simerjet Singh                   | 2011 | Hellas IF | 2,71 |
|            | Mohammad Husseinbor              | 2011 | Hellas IF | 3,34 |
| <b>G16</b> | <b>Lengde</b>                    |      |           |      |
|            | Trym Stenberg Halmer             | 2007 | Hellas IF | 4,30 |
|            | 4,30(-0,5)-4,04(-1,4)-3,78(-0,6) |      |           |      |
| <b>G16</b> | <b>Lengde</b>                    |      |           |      |
|            | Trym Stenberg Halmer             | 2007 | Hellas IF | 4,30 |
|            | 4,30(-0,5)-4,04(-1,4)-3,78(-0,6) |      |           |      |
| <b>J11</b> | <b>Lengde</b>                    |      |           |      |
|            | Josefine Amdal Nordgård          | 2012 | Hellas IF | 3,29 |
|            | 3,29(+0,9)-3,20(+0,7)-3,09(+1,5) |      |           |      |
|            | Hedda Sneen Knutsen              | 2012 | Hellas IF | 3,13 |
|            | Mathilda Haaheim                 | 2012 | Hellas IF | 2,96 |
|            | Ronja Woll Fretheim              | 2012 | Hellas IF | 2,76 |
|            | Elise Stokke Pettersen           | 2012 | Hellas IF | 2,61 |
| <b>J12</b> | <b>Lengde</b>                    |      |           |      |
|            | Julie Elise H. Eriksen           | 2011 | Hellas IF | 2,96 |
|            | 2,89(+1,2)-2,82(+1,3)-2,96(+1,2) |      |           |      |
| <b>J13</b> | <b>Lengde</b>                    |      |           |      |
|            | Kira Glomsrud                    | 2010 | Hellas IF | 3,25 |
|            | 3,25(+1,0)-3,25(+1,4)-3,15(+1,3) |      |           |      |
|            | Yeva Slominska                   | 2010 | Hellas IF | 3,23 |

|                |                                 |                 |             |             |
|----------------|---------------------------------|-----------------|-------------|-------------|
|                | Adele Stornes Gunnerud          | 2010            | Hellas IF   | 2,96        |
| <b>B4-9</b>    | <b>Lengde</b>                   |                 |             |             |
|                | Astrid Frøvoll Torgauten        | 2017            | Hellas IF   | 2,25        |
|                | Medhane                         | 2017            |             | 1,40        |
|                | Pelle Rummelhoff Odland         | 2016            | Hellas IF   | 2,19        |
|                | Sebastian Engelhart Skree       | 2016            | Hellas IF   | 1,90        |
|                | Kristina Mosby Enger            | 2016            | Eiker Kvikk | 2,41        |
|                | Mikkel Swanstrøm Løvgren        | 2016            | Hellas IF   | 2,33        |
|                | Baba Kara                       | 2016            | Hellas IF   | 1,88        |
|                | Neda Alar                       | 2016            | Hellas IF   | 1,95        |
|                | Markus Hermtun                  | 2015            | Hellas IF   | 2,19        |
|                | Hanna Leszczynska               | 2015            | Hellas IF   | 2,11        |
|                | Adam Ibrahim                    | 2015            | Hellas IF   | 1,35        |
|                | Nils Frøvoll Torgauten          | 2014            | Hellas IF   | 2,30        |
|                | Maryan Husseinbor               | 2014            | Hellas IF   | 2,86        |
| <b>G12</b>     | <b>Tresteg</b>                  |                 |             |             |
|                | Edvard Brun                     | 2011            | Hellas IF   | 7,79        |
|                | 7,75(1,9)-7,79(-1,4)-x          |                 |             |             |
| <b>G13</b>     | <b>Tresteg</b>                  |                 |             |             |
|                | Albert Gjevre-Karlsen           | 2010            | Hellas IF   | 9,25        |
|                | 9,01(-1,4)-9,25(-2,0)-9,16(1,3) |                 |             |             |
| <b>B4-9 år</b> | <b>Liten ball</b>               | <b>150 gram</b> |             |             |
|                | Nils Frøvoll Torgauten          | 2014            | Hellas IF   | 20,90       |
|                | Maryan Husseinbor               | 2014            | Hellas IF   | 15,25       |
|                | Markus Heimtun                  | 2015            | Hellas IF   | 13,60       |
|                | Hanna Leszczynska               | 2015            | Hellas IF   | 13,40       |
|                | Adam Ibrahim                    | 2015            | Hellas IF   | 9,60        |
|                | Kristina Mosby Enger            | 2016            | Eiker Kvikk | 15,20       |
|                | Sebastian Engelhart Skree       | 2016            | Hellas IF   | 24,20       |
|                | Pelle Rummelhoff Odland         | 2016            | Hellas IF   | 9,00        |
|                | Mikkel Swanstrøm Løvgren        | 2016            | Hellas IF   | 14,60       |
|                | Baba Kara                       | 2016            | Hellas IF   | 13,65       |
|                | Neda Alar                       | 2016            | Hellas IF   | 13,10       |
|                | Astrid Frøvoll Torgauten        | 2017            | Hellas IF   | 10,80       |
|                | Medhane                         | 2017            |             | 8,60        |
|                | August Gjevre Sivertsen         | 2019            | Hellas IF   | 2,60        |
| <b>B4-9</b>    | <b>60m</b>                      | <b>Heat 1</b>   | <b>Vind</b> | <b>-1,7</b> |
|                | Maryan Husseinbor               | 2014            | Hellas IF   | 12,57       |
|                | Nils Frøvoll Torgauten          | 2014            | Hellas IF   | 13,654      |
|                | Gabriel Sirnes Engen            | 2014            | Hellas IF   | DNS         |
|                | Hanna Leszczynska               | 2015            | Hellas IF   | 11,65       |
|                | Markus Heimtun                  | 2015            | Hellas IF   | 12,11       |
|                | Adam Ibrahim                    | 2015            | Hellas IF   | 14,93       |
|                | Neda Alar                       | 2016            | Hellas IF   | 13,652      |
|                | Medhane                         | 2017            |             | 15,50       |

|                        |                           |               |             |             |
|------------------------|---------------------------|---------------|-------------|-------------|
| <b>B4-9</b>            | <b>60m</b>                | <b>Heat 2</b> | <b>Vind</b> | <b>-0,7</b> |
|                        | Kristina Mosby Enger      | 2016          | Eiker Kvikk | 12,16       |
|                        | Sebastian Engelhart Skree | 2016          | Hellas IF   | 12,48       |
|                        | Pelle Rummelhoff Odland   | 2016          | Hellas IF   | 13,52       |
|                        | Mikkel Swanstrøm Løvgren  | 2016          | Hellas IF   | 13,89       |
|                        | Baba Kara                 | 2016          | Hellas IF   | 13,91       |
|                        | Astrid Frøvoll Torgauten  | 2017          | Hellas IF   | 12,876      |
|                        | August Gjevre Sivertsen   | 2019          | Hellas IF   | 12,875      |
| <b>J11</b>             | <b>60m</b>                |               | <b>Vind</b> | <b>-2,1</b> |
|                        | Josefine Amdal Nordgård   | 2012          | Hellas IF   | 10,53       |
|                        | Ronja Woll Fretheim       | 2012          | Hellas IF   | 10,56       |
|                        | Hedda Sneen Knutsen       | 2012          | Hellas IF   | 10,62       |
|                        | Mathilda Haaheim          | 2012          | Hellas IF   | 11,00       |
|                        | Elise Stokke Pettersen    | 2012          | Hellas IF   | 11,37       |
| <b>G10</b>             | <b>60m</b>                |               | <b>Vind</b> | <b>-0,5</b> |
|                        | Teodor Krogrud            | 2013          | Hellas IF   | 10,53       |
|                        | Arian Arfan               | 2013          | Hellas IF   | 11,49       |
| <b>G10/12/13</b>       | <b>60m</b>                |               | <b>Vind</b> | <b>-0,8</b> |
|                        | Casper Cummings           | 2010          | Hellas IF   | 9,57        |
|                        | Mohammad Husseinbor       | 2011          | Hellas IF   | 9,67        |
|                        | Edvard Brun               | 2011          | Hellas IF   | 10,55       |
|                        | Johan Indergaard Skøien   | 2011          | Hellas IF   | 11,34       |
|                        | Simerjit Singh            | 2011          | Hellas IF   | 11,63       |
|                        | Mikkel Lia Honningsvåg    | 2013          | Hellas IF   | 9,42        |
| <b>J12/13</b>          | <b>60m</b>                |               | <b>Vind</b> | <b>-1,4</b> |
|                        | Kira Glomsrud Hill        | 2010          | Hellas IF   | 9,68        |
|                        | Yeva Slominska            | 2010          | Hellas IF   | 10,40       |
|                        | Adele Stornes Gunnerud    | 2010          | Hellas IF   | 10,70       |
|                        | Ericka Minea eriksen      | 2011          | Hellas IF   | 9,79        |
|                        | Julie Elise H. eriksen    | 2011          | Hellas IF   | DNS         |
| <b>G10/12</b>          | <b>200m</b>               |               | <b>Vind</b> | <b>-0,2</b> |
|                        | Mohammad Husseinbor       | 2011          | Hellas IF   | 33,74       |
|                        | Johan Indergaard Skøien   | 2011          | Hellas IF   | 37,10       |
|                        | Simerjit Singh            | 2011          | Hellas IF   | 41,98       |
|                        | Arian Artan               | 2013          | Hellas IF   | 44,17       |
|                        | Teodor Krogrud            | 2013          | Hellas IF   | 45,04       |
| <b>J13/G10/G13/G16</b> | <b>200m</b>               |               | <b>Vind</b> | <b>+0,2</b> |
| G16                    | David Nyhus               | 2007          | Hellas IF   | 26,13       |
| G13                    | Albert Gjevre-Karlsen     | 2010          | Hellas IF   | 29,66       |
| J13                    | Kira Glomsrud Hill        | 2010          | Hellas IF   | 33,43       |
| J13                    | Yeva Slominska            | 2010          | Hellas IF   | 35,09       |
| J13                    | Adele Stornes Gunnerud    | 2010          | Hellas IF   | 35,32       |
| G10                    | Mikkel Honningsvåg        | 2013          | Hellas IF   | 31,10       |

**J11/12**

**200m**

|                         |      |
|-------------------------|------|
| Ericka Minea H. Eriksen | 2011 |
| Ronja Woll Fretheim     | 2012 |
| Mathilda Haaheim        | 2012 |
| Hedda Sneen Knutsen     | 2012 |
| Josefine Amdal Nordgård | 2012 |
| Elise stokke Pettersen  | 2012 |

**Vind**

**-0,1**

|           |       |
|-----------|-------|
| Hellas IF | 33,01 |
| Hellas IF | 35,51 |
| Hellas IF | 36,47 |
| Hellas IF | 41,12 |
| Hellas IF | 41,13 |
| Hellas IF | 41,69 |