

# 100 topp historie (sinclair fra 2018)

## SENIOR MENN

|    | NAVN                  | KLUBB             | DATO       | KAT | KRV    | RYKK  | STØT  | TOT   | SINCL  |
|----|-----------------------|-------------------|------------|-----|--------|-------|-------|-------|--------|
| 1  | Stian Grimseth        | Tambarskjelvar IF | 20.05.2000 | SM  | 154,10 | 195,0 | 235,0 | 430,0 | 432,38 |
| 2  | Leif Jenssen          | Lenja AK          | 27.04.1975 | SM  | 81,70  | 155,0 | 200,0 | 355,0 | 429,68 |
| 3  | Øystein Holt          | Tønsberg-Kam.     | 14.02.1982 | SM  | 98,10  | 162,5 | 200,0 | 362,5 | 404,85 |
| 4  | Egon Vee-Haugen       | Grenland AK       | 14.02.1982 | SM  | 88,90  | 150,0 | 187,5 | 337,5 | 392,54 |
| 5  | Roger B. Myrholt      | Tønsberg-Kam.     | 24.10.2018 | SM  | 76,80  | 136,0 | 177,0 | 313,0 | 391,36 |
| 6  | Arne Grostad          | Nidelv IL         | 27.03.1982 | SM  | 89,00  | 153,5 | 182,5 | 336,0 | 390,60 |
| 7  | Tore Bjørnsen         | Stavanger VK      | 28.03.1971 | SM  | 74,60  | 140,0 | 167,5 | 307,5 | 390,53 |
| 8  | Victor Solstrand      | Rossabø UL        | 31.12.1978 | JM  | 99,80  | 157,5 | 192,5 | 350,0 | 388,39 |
| 9  | Rolf Larsen           | Moss VK           | 08.04.1976 | SM  | 89,60  | 145,0 | 190,0 | 335,0 | 388,29 |
| 10 | Tage Knudsen          | Oslo AK           | 25.04.1982 | SM  | 109,10 | 165,0 | 195,0 | 360,0 | 387,58 |
| 11 | Gunnar Østby          | IL Kraftsport     | 15.02.1981 | SM  | 99,00  | 150,0 | 198,0 | 348,0 | 387,32 |
| 12 | Håkon Vindenes        | AK Bjørgvin       | 14.03.1982 | SM  | 97,00  | 152,5 | 190,0 | 342,5 | 384,17 |
| 13 | Kim Eirik Tollefsen   | Tønsberg-Kam.     | 26.03.2018 | SM  | 116,80 | 160,0 | 203,0 | 363,0 | 383,18 |
| 14 | Eivind Rekustad       | Lenja AK          | 12.09.1975 | SM  | 114,90 | 160,0 | 200,0 | 360,0 | 381,73 |
| 15 | Per Hordnes           | AK Bjørgvin       | 11.03.2006 | SM  | 97,00  | 149,0 | 190,0 | 339,0 | 380,25 |
| 16 | Stig Øvrebø           | Tønsberg-kam.     | 25.02.1989 | SM  | 120,90 | 162,5 | 200,0 | 362,5 | 379,32 |
| 17 | Geir Grønnevik        | Tambarskjelvar IF | 03.12.2005 | SM  | 104,30 | 156,0 | 191,0 | 347,0 | 379,09 |
| 18 | Atle Rønning          | Rjukan IL         | 18.03.1995 | SM  | 81,40  | 130,0 | 182,5 | 312,5 | 378,94 |
| 19 | Odd Gunnar Røyseth    | Tambarskjelvar IF | 05.03.1999 | SM  | 92,40  | 145,0 | 185,0 | 330,0 | 377,48 |
| 20 | Geir Stølsvik         | Tysvær VK         | 03.06.1995 | SM  | 100,20 | 157,5 | 180,0 | 337,5 | 373,97 |
| 21 | Jarleif Amdal         | Vigrestad IK      | 06.03.2010 | SM  | 84,50  | 140,0 | 174,0 | 314,0 | 373,85 |
| 22 | Richard Foyn Markeng  | Tønsberg-Kam.     | 12.03.2005 | SM  | 103,10 | 155,0 | 182,5 | 337,5 | 370,18 |
| 23 | Agnar Stensland       | Oslo Politi IL    | 01.12.1981 | SM  | 103,60 | 152,5 | 185,0 | 337,5 | 369,56 |
| 24 | Geir Borgan Paulsen   | Grenland AK       | 28.10.1978 | SM  | 91,00  | 140,0 | 180,0 | 320,0 | 368,41 |
| 25 | Ørjan Østhus          | Haugesund VK      | 05.10.2003 | SM  | 85,00  | 137,5 | 172,5 | 310,0 | 368,06 |
| 26 | Trrond Høgtun         | IL Mio            | 10.12.1994 | JM  | 86,70  | 140,0 | 172,5 | 312,5 | 367,61 |
| 27 | Hans Åge Flåto        | Rjukan IL         | 07.03.1997 | SM  | 107,70 | 162,5 | 177,5 | 340,0 | 367,54 |
| 28 | Jan Robert Solli      | Tønsberg-Kam.     | 19.03.1994 | SM  | 73,80  | 127,5 | 160,0 | 287,5 | 367,35 |
| 29 | Torstein Gjervan      | Nidelv IL         | 19.03.1994 | SM  | 82,70  | 132,5 | 172,5 | 305,0 | 366,95 |
| 30 | Arne Hagelund         | IL Viking         | 05.07.1979 | SM  | 92,00  | 140,0 | 180,0 | 320,0 | 366,71 |
| 31 | Johan Thonerud        | Tønsberg-Kam.     | 27.03.1982 | SM  | 97,50  | 145,0 | 182,5 | 327,5 | 366,62 |
| 32 | Jan Erik Gabrielsen   | National          | 30.01.1978 | SM  | 107,30 | 145,0 | 193,0 | 338,0 | 365,81 |
| 33 | Kjell Bjørnsen        | Stavanger VK      | 29.01.1966 | SM  | 66,00  | 117,5 | 150,0 | 267,5 | 365,58 |
| 34 | Øystein Smith Larsen  | IL Jotun          | 27.01.1974 | SM  | 94,60  | 135,0 | 187,5 | 322,5 | 365,34 |
| 35 | Bernt Petter Andersen | IL Viking         | 16.03.1980 | SM  | 83,50  | 135,0 | 170,0 | 305,0 | 365,22 |
| 36 | Bjørn Harald Andersen | Oslo VK           | 27.02.1981 | SM  | 108,00 | 145,0 | 192,5 | 337,5 | 364,51 |
| 37 | Tom Hauge             | National          | 27.03.1982 | SM  | 99,20  | 147,5 | 180,0 | 327,5 | 364,23 |
| 38 | Sindre Rørstadbotnen  | Tambarskjelvar IF | 01.03.2015 | SM  | 92,50  | 139,0 | 179,0 | 318,0 | 363,58 |
| 39 | Jon Martin Larsen     | Odda IL           | 02.11.1975 | SM  | 98,30  | 150,0 | 175,0 | 325,0 | 362,69 |
| 40 | Asbjørn Johansen      | Nidelv IL         | 24.10.1981 | SM  | 75,00  | 125,0 | 160,0 | 285,0 | 360,88 |
| 41 | Håvard Grostad        | Nidelv IL         | 04.05.2013 | SM  | 92,50  | 142,0 | 172,0 | 314,0 | 359,01 |
| 42 | Per Marstad           | Horten AK         | 30.01.1972 | SM  | 89,80  | 130,0 | 180,0 | 310,0 | 358,96 |
| 43 | Eskil Andersen        | Stavanger VK      | 18.10.2017 | JM  | 77,00  | 128,0 | 159,0 | 287,0 | 358,22 |
| 44 | Jantsen Øverås        | Tambarskjelvar IF | 25.04.2015 | SM  | 70,10  | 121,0 | 150,0 | 271,0 | 356,80 |
| 45 | Sebastian Farnen      | Larvik AK         | 05.12.2014 | SM  | 94,00  | 140,0 | 174,0 | 314,0 | 356,63 |
| 46 | Sigmund Borgenhaug    | National          | 26.12.1987 | JM  | 107,80 | 155,0 | 175,0 | 330,0 | 356,62 |
| 47 | Johnny Jensen         | National          | 05.03.1983 | SM  | 89,60  | 132,5 | 175,0 | 307,5 | 356,41 |

|    |                      |                   |            |    |        |       |       |       |        |
|----|----------------------|-------------------|------------|----|--------|-------|-------|-------|--------|
| 48 | Vebjørn Varlid       | Tambarskjelvar II | 19.08.2011 | SM | 139,10 | 155,0 | 195,0 | 350,0 | 356,23 |
| 49 | Rune Hansen          | Grenland Ak       | 26.02.1988 | SM | 82,20  | 135,0 | 160,0 | 295,0 | 355,98 |
| 50 | Terje Hansen         | Grenland AK       | 30.01.1972 | SM | 82,30  | 127,5 | 167,5 | 295,0 | 355,76 |
| 51 | Børge Øvrebø         | Vigrestad IK      | 21.04.1985 | SM | 95,40  | 140,0 | 175,0 | 315,0 | 355,64 |
| 52 | Lars Hage            | Nidelv IL         | 03.12.1983 | SM | 82,50  | 130,0 | 165,0 | 295,0 | 355,34 |
| 53 | Harry Espeseter      | Ak Bjørgvin       | 16.04.1988 | SM | 92,00  | 140,0 | 170,0 | 310,0 | 355,25 |
| 54 | Ivar Hauge           | Førde II          | 20.04.1991 | SM | 88,70  | 130,0 | 175,0 | 305,0 | 355,10 |
| 55 | Jostein Frøyd        | Larvik AK         | 12.03.2005 | SM | 84,00  | 135,0 | 160,0 | 295,0 | 352,23 |
| 56 | Tommy Olsen          | IL Milo           | 18.03.1995 | JM | 76,00  | 122,5 | 157,5 | 280,0 | 351,97 |
| 57 | Daniel Roness        | Spydeberg Atleter | 12.04.2016 | SM | 68,70  | 115,0 | 149,0 | 264,0 | 351,86 |
| 58 | Geir Johansen        | National          | 23.08.1997 | SM | 107,50 | 140,0 | 185,0 | 325,0 | 351,53 |
| 59 | Steinar Kvame        | Tambarskjelvar II | 15.10.2005 | SM | 76,20  | 130,0 | 150,0 | 280,0 | 351,47 |
| 60 | Øystein Robberstad   | Gjøvik AK         | 05.12.2009 | JM | 102,20 | 146,0 | 173,0 | 319,0 | 350,96 |
| 61 | Magnar Hellenen      | Vigrestad IK      | 31.12.1997 | SM | 99,00  | 145,0 | 170,0 | 315,0 | 350,59 |
| 62 | Kristian Hellenen    | Vigrestad IK      | 05.12.2015 | SM | 98,50  | 143,0 | 171,0 | 314,0 | 350,15 |
| 63 | Rolf Ingvaldsen      | Verdal IL         | 28.11.1971 | JM | 89,90  | 137,5 | 165,0 | 302,5 | 350,11 |
| 64 | Tor Hammerborg       | Oslo AK           | 29.04.1973 | SM | 82,50  | 127,5 | 162,5 | 290,0 | 349,32 |
| 65 | Aage Mølstad         | AK Bjørgvin       | 23.02.1977 | SM | 109,90 | 135,0 | 190,0 | 325,0 | 349,11 |
| 66 | Ronny Matnisdal      | Vigrestad IK      | 28.02.2015 | M1 | 76,40  | 130,0 | 148,0 | 278,0 | 348,46 |
| 67 | Jarle Hammersvik     | Vigrestad IK      | 15.03.2003 | SM | 90,90  | 135,0 | 167,5 | 302,5 | 348,43 |
| 68 | Toralf Særheim       | Vigrestad IK      | 10.10.1982 | SM | 67,40  | 112,5 | 145,0 | 257,5 | 347,28 |
| 69 | Kjetil Lindanger     | Haugesund VK      | 02.03.2001 | SM | 90,00  | 135,0 | 165,0 | 300,0 | 347,04 |
| 70 | Terje Ree            | Stavanger VK      | 20.11.1971 | SM | 82,50  | 125,0 | 162,5 | 287,5 | 346,30 |
| 71 | Asef Mostafaei       | Lenja AK          | 07.12.2007 | JM | 84,90  | 123,0 | 168,0 | 291,0 | 345,69 |
| 72 | Roy Andersen         | Stavanger Vk      | 23.04.1988 | SM | 98,50  | 135,0 | 175,0 | 310,0 | 345,69 |
| 73 | Trond Skifjeld       | Grenland AK       | 22.02.2002 | SM | 69,00  | 115,0 | 145,0 | 260,0 | 345,61 |
| 74 | Paul Marhaug         | IL Milo           | 14.10.1995 | SM | 93,50  | 132,5 | 170,0 | 302,5 | 344,32 |
| 75 | Eskil Forås          | Trondheim AK      | 07.03.2004 | M1 | 86,70  | 130,0 | 162,5 | 292,5 | 344,08 |
| 76 | Børge Aadland        | Tysvær VK         | 23.02.2002 | SM | 104,40 | 132,5 | 182,5 | 315,0 | 344,02 |
| 77 | Bjørnar Olsen        | Grenland AK       | 03.12.1983 | JM | 74,20  | 125,0 | 145,0 | 270,0 | 343,94 |
| 78 | John Martin Larsen   | Odda IL           | 20.02.1979 | SM | 100,00 | 145,0 | 165,0 | 310,0 | 343,75 |
| 79 | Per Arne Marstad     | Tønsberg-kam.     | 22.02.1992 | SM | 74,30  | 120,0 | 150,0 | 270,0 | 343,68 |
| 80 | Edgar Kjerran        | AK Bjørgvin       | 08.09.1972 | SM | 110,00 | 140,0 | 180,0 | 320,0 | 343,64 |
| 81 | Thor Underhaug       | Tønsberg-Kam.     | 19.10.1983 | SM | 124,50 | 150,0 | 180,0 | 330,0 | 342,95 |
| 82 | Erik Andresen        | Oslo AK           | 15.04.1978 | SM | 74,60  | 120,0 | 150,0 | 270,0 | 342,91 |
| 83 | Håvar Røyseth        | Tambarskjelvar II | 02.12.1995 | SM | 75,90  | 117,5 | 155,0 | 272,5 | 342,79 |
| 84 | Hans Bjørnar Hagenes | IL Viking         | 30.12.1982 | SM | 86,00  | 130,0 | 160,0 | 290,0 | 342,43 |
| 85 | Magnus Eide          | Stavanger VK      | 15.03.1980 | SM | 74,80  | 120,0 | 150,0 | 270,0 | 342,39 |
| 86 | Kjell Johansen       | National          | 19.02.1983 | SM | 74,90  | 120,0 | 150,0 | 270,0 | 342,14 |
| 87 | Reidar C. Johnsen    | AK Bjørgvin       | 14.12.1975 | SM | 67,00  | 112,5 | 140,0 | 252,5 | 341,81 |
| 88 | Aage Sletsjøe        | Larvik AK         | 30.04.1967 | SM | 98,00  | 132,5 | 172,5 | 305,0 | 340,77 |
| 89 | Tore Gjølringbø      | Tambarskjelvar II | 26.12.2017 | SM | 90,80  | 129,0 | 165,0 | 294,0 | 340,50 |
| 90 | Svein Tore Hølland   | Vigrestad Ik      | 26.02.1988 | JM | 84,00  | 127,5 | 157,5 | 285,0 | 340,29 |
| 91 | Edvard Natvik        | Stavanger VK      | 06.04.1972 | SM | 91,00  | 135,0 | 160,0 | 295,0 | 339,63 |
| 92 | Lars Vegard Jahnsen  | Tønsberg-Kam.     | 07.03.2004 | SM | 98,90  | 132,5 | 172,5 | 305,0 | 339,59 |
| 93 | Vidar Vassliås       | Tambarskjelvar II | 23.10.1999 | SM | 108,90 | 140,0 | 175,0 | 315,0 | 339,32 |
| 94 | Per Mattingsdal      | Vigrestad IK      | 04.02.1973 | SM | 89,60  | 127,5 | 165,0 | 292,5 | 339,03 |
| 95 | Nils Harry Vagstad   | National          | 13.02.1982 | SM | 80,40  | 127,5 | 150,0 | 277,5 | 338,61 |
| 96 | Olav Johansen        | Gjøvik AK         | 12.05.2007 | SM | 101,8  | 145,0 | 162,0 | 307,0 | 338,23 |
| 97 | Per Ola Dalsbø       | Nidelv IL         | 12.12.1981 | SM | 104,9  | 140,0 | 170,0 | 310,0 | 338,01 |

|     |                     |              |            |    |       |       |       |       |        |
|-----|---------------------|--------------|------------|----|-------|-------|-------|-------|--------|
| 98  | Jan Egil Trøan      | Trondheim AK | 13.12.1980 | SM | 82,30 | 122,5 | 157,5 | 280,0 | 337,67 |
| 99  | Arne Hægland        | IL Milo      | 09.03.1996 | SM | 82,50 | 125,0 | 155,0 | 280,0 | 337,27 |
| 100 | Bjørn Erik Frigaard | National     | 27.02.1993 | SM | 90,70 | 130,0 | 162,5 | 292,5 | 337,23 |

### SENIOR KVINNER

|    | NAVN                       | KLUBB             | DATO       | KAT | KRV   | RYKK  | STØT  | TOT   | SINCL  |
|----|----------------------------|-------------------|------------|-----|-------|-------|-------|-------|--------|
| 1  | Ruth Kasirye               | Tønsberg-Kam.     | 07.03.2009 | SK  | 62,80 | 106,0 | 130,0 | 236,0 | 309,90 |
| 2  | Sarah Hovden Øvsthus       | AK Bjørgvin       | 30.05.2018 | SK  | 52,90 | 81,0  | 100,0 | 181,0 | 266,43 |
| 3  | Sol Anette Waaler          | Trondheim AK      | 18.11.2018 | SK  | 58,80 | 84,0  | 106,0 | 190,0 | 260,20 |
| 4  | Ine Andersson              | Tambarskjelvar IF | 02.09.2017 | SK  | 62,00 | 86,0  | 107,0 | 193,0 | 255,43 |
| 5  | Anja-Evelin Jordalen       | AK Bjørgvin       | 06.03.2010 | SK  | 69,40 | 92,0  | 113,0 | 205,0 | 254,16 |
| 6  | Zekiye C. Nyland           | Tysvær VK         | 02.09.2017 | SK  | 58,00 | 84,0  | 100,0 | 184,0 | 254,15 |
| 7  | Rebekka Tao Jacobsen       | Larvik AK         | 20.01.2018 | SK  | 55,10 | 77,0  | 100,0 | 177,0 | 253,23 |
| 8  | Katarina Sederholm Hoff    | Trondheim AK      | 16.04.1999 | SK  | 94,20 | 105,0 | 127,5 | 232,5 | 252,23 |
| 9  | Marit Årdalsbakke          | Tambarskjelvar IF | 20.10.2018 | SK  | 65,00 | 88,0  | 106,0 | 194,0 | 249,56 |
| 10 | Emma Hald                  | AK Bjørgvin       | 20.04.2017 | JK  | 61,70 | 82,0  | 96,0  | 178,0 | 236,29 |
| 11 | Melissa Schanche           | Spydeberg Atleter | 08.09.2018 | SK  | 70,20 | 89,0  | 101,0 | 190,0 | 234,12 |
| 12 | Janne Skorpen Knudsen      | AK Bjørgvin       | 21.10.2017 | SK  | 66,50 | 80,0  | 104,0 | 184,0 | 233,60 |
| 13 | Marie Mossige Grythe       | Spydeberg Atleter | 15.09.2018 | SK  | 64,40 | 80,0  | 100,0 | 180,0 | 232,78 |
| 14 | Sandra Trædal              | Tambarskjelvar IF | 17.02.2018 | SK  | 52,90 | 68,0  | 90,0  | 158,0 | 232,51 |
| 15 | Jacqueline Dahlstrøm       | Spydeberg Atleter | 14.04.2017 | SK  | 67,50 | 81,0  | 103,0 | 184,0 | 231,64 |
| 16 | Frida Ruethermann Nilsen   | AK Bjørgvin       | 17.11.2018 | SK  | 65,70 | 76,0  | 100,0 | 176,0 | 225,00 |
| 17 | Kristin Holte              | Gjøvik AK         | 28.02.2015 | SK  | 57,20 | 71,0  | 90,0  | 161,0 | 224,45 |
| 18 | Silje Tønnesen             | Spydeberg Atleter | 12.08.2017 | SK  | 70,40 | 79,0  | 103,0 | 182,0 | 223,92 |
| 19 | Beate Amdahl               | Tysvær VK         | 20.11.1999 | SK  | 73,60 | 80,0  | 105,0 | 185,0 | 222,45 |
| 20 | Mari Rotmo                 | Trondheim AK      | 20.10.2018 | SK  | 65,20 | 75,0  | 97,0  | 172,0 | 220,81 |
| 21 | Ann Beatrice Høyen         | Vigrestad IK      | 02.12.1995 | SK  | 74,10 | 82,5  | 100,0 | 182,5 | 218,71 |
| 22 | Unn Merete Lie             | Aremark AK        | 05.12.1998 | SK  | 66,00 | 75,0  | 95,0  | 170,0 | 216,76 |
| 23 | Tiril Boge                 | AK Bjørgvin       | 13.10.2018 | JK  | 51,90 | 65,0  | 80,0  | 145,0 | 216,50 |
| 24 | Kamilla Stor.Grønnestad    | Tysvær VK         | 16.08.2017 | SK  | 60,10 | 72,0  | 88,0  | 160,0 | 215,94 |
| 25 | Kaia Hillesdal             | Lørenskog AK      | 22.04.2018 | SK  | 59,60 | 68,0  | 91,0  | 159,0 | 215,74 |
| 26 | Marianne Hasfjord          | AK Bjørgvin       | 12.07.2017 | SK  | 72,10 | 76,0  | 100,0 | 176,0 | 213,85 |
| 27 | Maren Fikse                | Gjøvik AK         | 28.04.2018 | JK  | 74,40 | 82,0  | 96,0  | 178,0 | 212,83 |
| 28 | Ingvild Brynjulfsen        | Trondheim AK      | 12.07.2018 | SK  | 73,00 | 78,0  | 97,0  | 175,0 | 211,30 |
| 29 | Elisabeth Holmstrøm        | Trondheim AK      | 10.13.2012 | SK  | 67,70 | 77,0  | 91,0  | 168,0 | 211,15 |
| 30 | Katarina Torrissen         | Trondheim AK      | 18.02.2017 | SK  | 52,80 | 59,0  | 84,0  | 143,0 | 210,84 |
| 31 | Ragnhild Haug Lillegård    | Oslo AK           | 14.03.2018 | SK  | 58,80 | 67,0  | 87,0  | 154,0 | 210,80 |
| 32 | Kristin Solbakken          | Nidelv IL         | 20.01.2018 | SK  | 59,50 | 69,0  | 86,0  | 155,0 | 210,57 |
| 33 | Marianne Hasfjord          | AK Bjørgvin       | 18.02.2018 | SK  | 75,50 | 77,0  | 100,0 | 177,0 | 210,25 |
| 34 | Tina Madeleine Larsen      | Spydeberg Atleter | 02.01.2015 | SK  | 58,00 | 66,0  | 86,0  | 152,0 | 209,95 |
| 35 | Lone Kalland               | Tambarskjelvar IF | 20.10.2018 | SK  | 86,20 | 80,0  | 106,0 | 186,0 | 208,40 |
| 36 | Venke Bergum               | AK Bjørgvin       | 23.08.2017 | SK  | 78,70 | 80,0  | 98,0  | 178,0 | 207,29 |
| 37 | Martine Halvorsen Sønju    | Trondheim AK      | 17.11.2017 | SK  | 78,20 | 81,0  | 96,0  | 177,0 | 206,72 |
| 38 | Emmy Kristine L. Rustad    | Grenland AK       | 13.12.2018 | SK  | 64,50 | 69,0  | 90,0  | 159,0 | 205,47 |
| 39 | Carolina Roa               | AK Bjørgvin       | 05.12.2015 | SK  | 74,10 | 76,0  | 94,0  | 170,0 | 203,73 |
| 40 | Nora Skuggedal             | Larvik AK         | 25.04.2015 | UK  | 62,50 | 67,0  | 87,0  | 154,0 | 202,81 |
| 41 | Celine Mariell Bertheussen | Spydeberg Atleter | 28.09.2018 | SK  | 64,10 | 68,0  | 87,0  | 155,0 | 200,97 |
| 42 | Veronica Sørensen          | AK Bjørgvin       | 15.03.2003 | JK  | 53,50 | 62,5  | 75,0  | 137,5 | 200,81 |
| 43 | Siri Magnussen             | AK Bjørgvin       | 05.12.2015 | SK  | 72,00 | 75,0  | 90,0  | 165,0 | 200,63 |
| 44 | Sanna Uppling              | Spydeberg Atleter | 29.09.2018 | SK  | 62,30 | 66,0  | 86,0  | 152,0 | 200,57 |

|    |                           |                   |            |    |       |      |       |       |        |
|----|---------------------------|-------------------|------------|----|-------|------|-------|-------|--------|
| 45 | Ingelin Garmann           | Trondheim AK      | 08.11.2017 | SK | 63,10 | 67,0 | 86,0  | 153,0 | 200,33 |
| 46 | Helene Skuggedal          | Larvik AK         | 25.09.2017 | UK | 52,90 | 56,0 | 80,0  | 136,0 | 200,25 |
| 47 | Lena Richter              | Spydeberg Atleter | 18.11.2018 | SK | 63,20 | 70,0 | 83,0  | 153,0 | 200,21 |
| 48 | Oddry Folkestad           | Trondheim AK      | 18.08.2018 | K1 | 52,70 | 58,0 | 77,0  | 135,0 | 199,43 |
| 49 | Camilla Carlsen           | AK Bjørgvin       | 04.11.2007 | JK | 50,10 | 60,0 | 70,0  | 130,0 | 199,32 |
| 50 | Beatrice Llano            | AK Bjørgvin       | 21.02.2016 | JK | 90,50 | 81,0 | 100,0 | 181,0 | 199,11 |
| 51 | Terese Vu                 | Hillevåg AK       | 19.02.2017 | SK | 67,50 | 70,0 | 88,0  | 158,0 | 198,91 |
| 52 | Tiril Tøien               | Nidelv IL         | 20.01.2018 | SK | 73,50 | 72,0 | 93,0  | 165,0 | 198,52 |
| 53 | Lene Christine Telle      | Haugesund VK      | 19.12.2017 | SK | 68,10 | 68,0 | 90,0  | 158,0 | 197,93 |
| 54 | Solrun Apneseth           | Tambarskjelvar IF | 18.10.2003 | SK | 62,50 | 65,0 | 85,0  | 150,0 | 197,55 |
| 55 | Trude Raad                | Tambarskjelvar IF | 03.12.2011 | SK | 71,80 | 73,0 | 89,0  | 162,0 | 197,27 |
| 56 | Marte Rygg Årdal          | Tambarskjelvar IF | 02.03.2013 | SK | 69,40 | 69,0 | 90,0  | 159,0 | 197,13 |
| 57 | Iselin Hatlenes           | AK Bjørgvin       | 09.06.2018 | SK | 65,60 | 69,0 | 85,0  | 154,0 | 197,03 |
| 58 | Synne Krokstad            | Trondheim AK      | 15.10.2016 | SK | 67,90 | 67,0 | 90,0  | 157,0 | 197,00 |
| 59 | Thu Thi Minh Tran         | Hillevåg AK       | 15.10.2016 | SK | 58,30 | 58,0 | 85,0  | 143,0 | 196,84 |
| 60 | Stine Mari Hasfjord       | AK Bjørgvin       | 15.05.2017 | SK | 74,00 | 73,0 | 91,0  | 164,0 | 196,67 |
| 61 | Vibeke Carlsen            | Tønsberg-Kam.     | 17.02.2018 | SK | 51,60 | 56,0 | 75,0  | 131,0 | 196,44 |
| 62 | Ragnhild Sørensen         | AK Bjørgvin       | 26.09.2018 | SK | 67,80 | 70,0 | 86,0  | 156,0 | 195,89 |
| 63 | Iselin Hatlenes           | AK Bjørgvin       | 17.06.2017 | SK | 64,80 | 71,0 | 81,0  | 152,0 | 195,89 |
| 64 | Bettine Carlsen           | AK Bjørgvin       | 29.10.2016 | JK | 50,40 | 58,0 | 70,0  | 128,0 | 195,36 |
| 65 | Ingrid Maria Omma-Daziel  | Oslo AK           | 21.05.2017 | SK | 69,90 | 73,0 | 85,0  | 158,0 | 195,14 |
| 66 | Asta Rønning Fjærli       | Trondheim AK      | 22.06.2016 | SK | 71,60 | 73,0 | 87,0  | 160,0 | 195,11 |
| 67 | Jannicke Aasen            | Hillevåg AK       | 26.05.2018 | K1 | 62,40 | 60,0 | 88,0  | 148,0 | 195,07 |
| 68 | Helene Vabø Thorsen       | Spydeberg Atleter | 29.09.2018 | SK | 61,80 | 67,0 | 80,0  | 147,0 | 194,98 |
| 69 | Solveig Helene Smistad    | Stavanger VK      | 18.02.2017 | UK | 61,80 | 64,0 | 83,0  | 147,0 | 194,94 |
| 70 | Linda Kværnø              | Hitra VK          | 01.04.1995 | UK | 53,00 | 60,0 | 72,5  | 132,5 | 194,83 |
| 71 | Anna Tolås Omdal          | Vigrestad IK      | 15.10.2016 | SK | 67,10 | 74,0 | 80,0  | 154,0 | 194,52 |
| 72 | Julia Jordanger Loen      | Breimsbygda IL    | 17.11.2018 | UK | 57,20 | 61,0 | 78,0  | 139,0 | 193,78 |
| 73 | Linn Therese Dagsland     | Haugesund VK      | 08.03.2014 | JK | 69,70 | 71,0 | 85,0  | 156,0 | 192,96 |
| 74 | Elisabeth Settem          | Trondheim AK      | 20.10.2018 | SK | 77,30 | 74,0 | 90,0  | 164,0 | 192,53 |
| 75 | Mariel Rørstadbotn        | Tambarskjelvar IF | 18.11.2018 | SK | 67,80 | 66,0 | 87,0  | 153,0 | 192,17 |
| 76 | Anna Tolås Omdal          | Vigrestad IK      | 19.02.2017 | SK | 66,80 | 68,0 | 83,0  | 151,0 | 191,21 |
| 77 | Hilde Svalheim Markussen  | Trondheim AK      | 17.11.2017 | SK | 52,50 | 56,0 | 73,0  | 129,0 | 190,99 |
| 78 | Bettine Carlsen           | AK Bjørgvin       | 18.02.2017 | JK | 50,00 | 57,0 | 67,0  | 124,0 | 190,41 |
| 79 | Elisabeth Settem          | Trondheim AK      | 08.11.2017 | SK | 75,30 | 74,0 | 86,0  | 160,0 | 190,24 |
| 80 | Guro Bjørke               | AK Bjørgvin       | 27.12.2015 | SK | 78,60 | 72,0 | 90,0  | 162,0 | 188,76 |
| 81 | Anette Ellingsberg        | Trondheim AK      | 03.05.2014 | SK | 65,40 | 65,0 | 82,0  | 147,0 | 188,43 |
| 82 | Anna-Lykke Sandvik        | Tønsberg-Kam.     | 05.12.2017 | SK | 64,70 | 65,0 | 81,0  | 146,0 | 188,33 |
| 83 | Hege Torsvik              | Trondheim AK      | 08.11.2017 | SK | 57,90 | 64,0 | 72,0  | 136,0 | 188,06 |
| 84 | Rebecca Tiffin            | Oslo AK           | 09.12.2017 | SK | 75,30 | 72,0 | 86,0  | 158,0 | 187,86 |
| 86 | Stine Mari Hasfjord       | AK Bjørgvin       | 28.02.2015 | SK | 72,10 | 63,0 | 91,0  | 154,0 | 187,12 |
| 88 | Lise Myklebust            | Vigrestad IK      | 23.04.2016 | SK | 62,50 | 60,0 | 82,0  | 142,0 | 187,01 |
| 89 | Hanna Sletvold            | Nidelv IL         | 20.10.2018 | SK | 64,00 | 64,0 | 80,0  | 144,0 | 186,96 |
| 90 | Betina Kingell            | Trondheim AK      | 27.04.2016 | SK | 62,60 | 63,0 | 79,0  | 142,0 | 186,83 |
| 91 | Tine Rasmussen            | National          | 12.03.2005 | SK | 50,70 | 57,5 | 65,0  | 122,5 | 186,13 |
| 92 | Oda Helene Sunde Svendsen | Jølster IL        | 20.10.2018 | JK | 58,20 | 60,0 | 75,0  | 135,0 | 186,00 |
| 93 | Mari Myhrer               | Gjøvik AK         | 28.12.2018 | SK | 64,70 | 65,0 | 79,0  | 144,0 | 185,83 |
| 94 | Kristine Revang           | Tromsø AK         | 10.02.2018 | SK | 69,70 | 63,0 | 86,0  | 149,0 | 184,30 |

## JUNIOR MENN

|    | NAVN                  | KLUBB             | DATO       | KAT | KRV    | RYKK  | STØT  | TOT   | SINCL  |
|----|-----------------------|-------------------|------------|-----|--------|-------|-------|-------|--------|
| 1  | Victor Solstrand      | Rossabø UL        | 31.12.1978 | JM  | 99,80  | 157,5 | 192,5 | 350,0 | 388,39 |
| 2  | Tage Knudsen          | Oslo AK           | 08.12.1979 | JM  | 113,50 | 160,0 | 192,5 | 352,5 | 375,06 |
| 3  | Leif Jenssen          | Lenja AK          | 25.09.1969 | JM  | 75,00  | 132,5 | 160,0 | 292,5 | 370,38 |
| 4  | Trond Høgtun          | IL Milo           | 10.12.1994 | JM  | 86,70  | 140,0 | 172,5 | 312,5 | 367,61 |
| 5  | Øystein Holt          | Tønsberg-Kam.     | 29.12.1979 | JM  | 90,00  | 140,0 | 175,0 | 315,0 | 364,40 |
| 6  | Geir Borgan Paulsen   | Grenland AK       | 06.11.1977 | JM  | 88,60  | 140,0 | 172,5 | 312,5 | 364,01 |
| 7  | Arne Hagelund         | Stavanger VK      | 29.06.1978 | JM  | 82,30  | 130,0 | 170,0 | 300,0 | 361,79 |
| 8  | Ørjan Østhus          | Tysvær VK         | 02.09.2000 | JM  | 86,80  | 135,0 | 172,5 | 307,5 | 361,54 |
| 9  | Jarleif Amdal         | Vigrestad IK      | 25.10.2008 | JM  | 84,20  | 132,0 | 170,0 | 302,0 | 360,18 |
| 10 | Eskil Andersen        | Stavanger VK      | 18.10.2017 | JM  | 77,00  | 128,0 | 159,0 | 287,0 | 358,22 |
| 11 | Sigmund Borgenhaug    | National          | 26.12.1987 | JM  | 107,80 | 155,0 | 175,0 | 330,0 | 356,62 |
| 12 | Egon Vee-Haugen       | Grenland AK       | 31.03.1974 | JM  | 82,30  | 130,0 | 165,0 | 295,0 | 355,76 |
| 13 | Atle Rønning          | Grenland AK       | 08.12.1984 | JM  | 74,50  | 115,0 | 162,5 | 277,5 | 352,69 |
| 14 | Vebjørn Varlid        | Tambarskjelvar II | 20.06.2010 | JM  | 137,00 | 159,0 | 186,0 | 345,0 | 351,98 |
| 15 | Tommy Olsen           | IL Milo           | 18.03.1995 | JM  | 76,00  | 122,5 | 157,5 | 280,0 | 351,97 |
| 16 | Lars Hage             | Nidelv IL         | 11.10.1980 | JM  | 87,40  | 130,0 | 170,0 | 300,0 | 351,61 |
| 17 | Ivar Hauge            | Førde IL          | 23.11.1985 | UM  | 84,60  | 130,0 | 165,0 | 295,0 | 351,03 |
| 18 | Øystein Robberstad    | Gjøvik AK         | 05.12.2009 | JM  | 102,20 | 146,0 | 173,0 | 319,0 | 350,96 |
| 19 | Rolf Ingvaldsen       | Verdal IL         | 28.11.1971 | JM  | 89,90  | 137,5 | 165,0 | 302,5 | 350,11 |
| 20 | Kim Eirik Tollefsen   | Stavanger VK      | 25.10.2009 | JM  | 93,90  | 138,0 | 170,0 | 308,0 | 349,97 |
| 21 | Eivind Rekustad       | Lenja AK          | 29.09.1969 | JM  | 110,00 | 140,0 | 185,0 | 325,0 | 349,01 |
| 22 | Jantsen Øverås        | Tambarskjelvar II | 06.12.2014 | JM  | 70,10  | 119,0 | 146,0 | 265,0 | 348,90 |
| 23 | Geir Grønnevik        | Tambarskjelvar II | 02.09.2000 | JM  | 93,60  | 135,0 | 170,0 | 305,0 | 347,02 |
| 24 | Rune Hansen           | Grenland AK       | 22.01.1984 | JM  | 79,60  | 127,5 | 155,0 | 282,5 | 346,48 |
| 25 | Asef Mostafaei        | Lenja AK          | 07.12.2007 | JM  | 84,90  | 123,0 | 168,0 | 291,0 | 345,69 |
| 26 | Eskil Andersen        | Stavanger VK      | 18.11.2016 | UM  | 77,10  | 126,0 | 150,0 | 276,0 | 344,25 |
| 27 | Bjørnar Olsen         | Grenland AK       | 03.12.1983 | JM  | 74,20  | 125,0 | 145,0 | 270,0 | 343,94 |
| 28 | Torstein Gjervan      | Nidelv II         | 24.10.1987 | JM  | 79,80  | 122,5 | 157,5 | 280,0 | 342,97 |
| 29 | Svein Tore Hølland    | Vigrestad Ik      | 26.02.1988 | JM  | 84,00  | 127,5 | 157,5 | 285,0 | 340,29 |
| 30 | Jan Robert Solli      | Tønsberg-kam.     | 03.11.1990 | JM  | 74,70  | 122,5 | 145,0 | 267,5 | 339,48 |
| 31 | Per Arne Marstad      | Tønsberg-kam.     | 09.11.1991 | JM  | 74,70  | 117,5 | 150,0 | 267,5 | 339,48 |
| 32 | Tore Gjøringbø        | Tambarskjelvar II | 01.11.2015 | JM  | 93,80  | 135,0 | 163,0 | 298,0 | 338,76 |
| 33 | Kjetil Lindanger      | Haugesund VK      | 28.10.2000 | JM  | 88,20  | 130,0 | 160,0 | 290,0 | 338,49 |
| 34 | Håkon Vindenes        | IL Milo           | 30.12.1977 | JM  | 82,30  | 130,0 | 150,0 | 280,0 | 337,67 |
| 35 | Bjarte Hauge          | Førde II          | 16.04.1988 | JM  | 102,80 | 132,5 | 175,0 | 307,5 | 337,62 |
| 36 | Bernt Petter Andersen | IL Viking         | 30.12.1978 | JM  | 82,40  | 125,0 | 155,0 | 280,0 | 337,47 |
| 37 | Per Hordnes           | AK Bjørgvin       | 28.12.2001 | JM  | 84,30  | 127,5 | 155,0 | 282,5 | 336,73 |
| 38 | Roger B. Myrholt      | Tønsberg-Kam.     | 06.10.2015 | JM  | 76,80  | 116,0 | 52,0  | 268,0 | 334,97 |
| 39 | Børge Øvrebø          | Voll IL           | 19.01.1980 | JM  | 89,00  | 132,5 | 155,0 | 287,5 | 334,22 |
| 40 | Geir Stølsvik         | Stegaberg II      | 22.02.1992 | JM  | 87,30  | 130,0 | 155,0 | 285,0 | 334,20 |
| 41 | Agnar Stensland       | IL Milo           | 27.04.1977 | JM  | 89,50  | 127,5 | 160,0 | 287,5 | 333,40 |
| 42 | Svein Idar Hammervold | AK Bjørgvin       | 01.11.1981 | JM  | 87,90  | 127,5 | 157,5 | 285,0 | 333,16 |
| 43 | Anders Andersen       | Lenja AK          | 22.01.1983 | JM  | 73,20  | 112,5 | 145,0 | 257,5 | 330,55 |
| 44 | Arne Grostad          | Nidelv IL         | 21.12.1973 | JM  | 82,90  | 125,0 | 150,0 | 275,0 | 330,46 |
| 45 | Øystein Smith Larsen  | Larvik AK         | 21.11.1964 | JM  | 74,60  | 110,0 | 150,0 | 260,0 | 330,20 |
| 46 | Stian Grimseth        | Førde II          | 24.10.1992 | JM  | 108,70 | 145,0 | 160,0 | 305,0 | 328,74 |
| 47 | Kjell Bjørnsen        | IL Viking         | 07.03.1964 | JM  | 65,80  | 105,0 | 135,0 | 240,0 | 328,64 |
| 48 | Harry Espeseter       | Stavanger VK      | 13.12.1980 | JM  | 81,40  | 120,0 | 150,0 | 270,0 | 327,40 |
| 49 | Arne Hægland          | IL Milo           | 27.12.1994 | JM  | 82,00  | 120,0 | 150,0 | 270,0 | 326,20 |

|    |                        |                   |            |    |        |       |       |       |        |
|----|------------------------|-------------------|------------|----|--------|-------|-------|-------|--------|
| 50 | Sindre Rørstadbotnen   | Tambarskjelvar II | 06.11.2010 | JM | 93,80  | 125,0 | 161,0 | 286,0 | 325,11 |
| 51 | Tom Nordby             | Gjøvik AK         | 06.12.1980 | JM | 76,80  | 120,0 | 140,0 | 260,0 | 324,98 |
| 52 | Håvard Vold            | Vigrestad Ik      | 28.05.1986 | JM | 74,20  | 112,5 | 142,5 | 255,0 | 324,83 |
| 53 | Richard Foyn Markeng   | Tønsberg-Kam.     | 10.12.1994 | JM | 81,20  | 120,0 | 147,5 | 267,5 | 324,77 |
| 54 | Simon Sjøen            | Tysvær VK         | 23.10.1993 | UM | 69,50  | 110,0 | 135,0 | 245,0 | 324,24 |
| 55 | Kim-Rune Edvardsen     | AK Bjørgvin       | 08.12.2001 | JM | 84,70  | 120,0 | 152,5 | 272,5 | 324,08 |
| 56 | Stig Øvrebø            | Gjøvik AK         | 13.12.1980 | JM | 90,00  | 125,0 | 155,0 | 280,0 | 323,91 |
| 57 | Odd Gunnar Røyseth     | Førde II          | 24.10.1992 | JM | 74,60  | 105,0 | 150,0 | 255,0 | 323,85 |
| 58 | Trond Skifjeld         | Grenland AK       | 28.10.2000 | JM | 68,50  | 110,0 | 132,5 | 242,5 | 323,78 |
| 59 | Kristian Helleren      | Vigrestad IK      | 02.03.2013 | JM | 104,70 | 135,0 | 161,0 | 296,0 | 322,95 |
| 60 | Tor Hammerborg         | Sp. 09            | 28.11.1970 | JM | 75,00  | 115,0 | 140,0 | 255,0 | 322,89 |
| 61 | Sebastian Farnen       | Larvik AK         | 05.12.2012 | JM | 93,70  | 120,0 | 163,0 | 283,0 | 321,84 |
| 62 | Roger Hille            | AK Bjørgvin       | 13.12.1981 | JM | 74,20  | 112,5 | 140,0 | 252,5 | 321,65 |
| 63 | Ragnar Mathisen        | Nidelv IL         | 01.11.1997 | JM | 71,80  | 115,0 | 132,5 | 247,5 | 321,27 |
| 64 | Runar Stikholmen       | AK Bjørgvin       | 25.10.2008 | JM | 80,90  | 122,0 | 142,0 | 264,0 | 321,12 |
| 65 | Geir Inge Sørvåg       | Stegaberg II      | 24.02.1990 | JM | 74,60  | 112,5 | 140,0 | 252,5 | 320,68 |
| 66 | Hans Hagenes           | Gjøvik AK         | 30.12.1978 | JM | 81,80  | 120,0 | 145,0 | 265,0 | 320,55 |
| 67 | Espen Espenes          | National          | 31.10.2004 | JM | 92,80  | 125,0 | 155,0 | 280,0 | 319,71 |
| 68 | Ove Stensland          | Stavanger VK      | 10.03.1974 | JM | 74,20  | 115,0 | 135,0 | 250,0 | 318,46 |
| 69 | Olav Johansen          | Gjøvik AK         | 26.11.2004 | JM | 98,50  | 135,0 | 150,0 | 285,0 | 317,81 |
| 70 | Tom Berg               | Tønsberg-Kam.     | 13.12.1981 | JM | 80,20  | 115,0 | 145,0 | 260,0 | 317,66 |
| 71 | Kristian Høyland       | Vigrestad IK      | 29.12.1995 | UM | 76,00  | 112,5 | 140,0 | 252,5 | 317,40 |
| 72 | Steinar Kvame          | Tambarskjelvar II | 28.10.2000 | JM | 76,20  | 117,5 | 135,0 | 252,5 | 316,95 |
| 73 | Lars Kåre Skifjeld     | Grenland AK       | 03.03.1979 | JM | 67,40  | 107,5 | 127,5 | 235,0 | 316,93 |
| 74 | Jo-Magne Rønning Elden | Nidelv IL         | 12.03.2016 | JM | 71,80  | 110,0 | 134,0 | 244,0 | 316,73 |
| 75 | Peter Johannessen      | Stavanger VK      | 03.03.1973 | JM | 65,80  | 100,0 | 130,0 | 230,0 | 314,94 |
| 76 | Gunnar Østby           | IL Kraftsport     | 24.10.1971 | JM | 74,50  | 107,5 | 140,0 | 247,5 | 314,57 |
| 77 | Lars Egil Borsheim     | Voll IL           | 09.10.1976 | JM | 88,80  | 125,0 | 145,0 | 270,0 | 314,19 |
| 78 | Magnar Helleren        | Vigrestad Ik      | 29.10.1988 | JM | 85,60  | 120,0 | 145,0 | 265,0 | 313,59 |
| 79 | Jan Løland             | Brumunddal AK     | 10.03.1974 | JM | 84,00  | 117,5 | 145,0 | 262,5 | 313,43 |
| 80 | Jostein Frøyd          | Larvik AK         | 25.05.2002 | JM | 79,40  | 115,0 | 140,0 | 255,0 | 313,16 |
| 81 | Steinar Solberg        | Oslo AK           | 10.03.1974 | JM | 89,60  | 120,0 | 150,0 | 270,0 | 312,95 |
| 82 | Thor Hammerborg        | Sp. 09            | 23.05.1970 | JM | 74,00  | 110,0 | 135,0 | 245,0 | 312,57 |
| 83 | Marcus Bratli          | AK Bjørgvin       | 09.06.2018 | JM | 61,80  | 97,0  | 122,0 | 219,0 | 312,51 |
| 84 | Lars Vegard Jahnsen    | Tønsberg-Kam.     | 02.03.2001 | JM | 89,90  | 120,0 | 150,0 | 270,0 | 312,49 |
| 85 | Trond Olav Frigård     | National          | 11.12.1993 | JM | 98,30  | 125,0 | 155,0 | 280,0 | 312,47 |
| 86 | Tom Jonassen           | Stavanger VK      | 13.12.1980 | JM | 74,20  | 107,5 | 137,5 | 245,0 | 312,09 |
| 87 | Edvin L. Jæger-Hansen  | Haugesund VK      | 19.11.2005 | JM | 67,80  | 106,0 | 126,0 | 232,0 | 311,74 |
| 88 | Helge Gjøvåg           | Stavanger VK      | 09.06.1976 | JM | 81,80  | 110,0 | 147,5 | 257,5 | 311,48 |
| 89 | Mathias Hove Johansen  | Stavanger VK      | 23.02.2017 | JM | 80,60  | 115,0 | 140,0 | 255,0 | 310,76 |
| 90 | Leik Simon Aas         | National          | 09.05.2009 | JM | 75,90  | 109,0 | 138,0 | 247,0 | 310,71 |
| 91 | Kjell Øygard           | IL Jotun          | 10.03.1974 | JM | 74,90  | 107,5 | 137,5 | 245,0 | 310,46 |
| 92 | Jonnar Antonsen        | National          | 30.12.1982 | JM | 84,00  | 117,5 | 142,5 | 260,0 | 310,44 |
| 93 | Truls H. Grimstad      | Larvik AK         | 05.03.1999 | JM | 76,40  | 107,5 | 140,0 | 247,5 | 310,23 |
| 94 | Aage Sletsjøe          | Larvik AK         | 06.06.1959 | JM | 89,60  | 120,0 | 147,5 | 267,5 | 310,05 |
| 95 | Arvid Gerhard          | Rossabø UL        | 29.10.1972 | JM | 85,00  | 117,5 | 142,5 | 260,0 | 308,69 |
| 96 | Toralf Særheim         | Vigrestad IK      | 01.03.1980 | JM | 68,20  | 95,0  | 135,0 | 230,0 | 307,93 |
| 97 | Arne Olafsen ( Lanes ) | Slagen AK         | 22.03.1958 | JM | 80,60  | 112,5 | 140,0 | 252,5 | 307,71 |
| 98 | Mathias Hove Johansen  | Stavanger VK      | 22.12.2018 | JM | 82,20  | 112,0 | 143,0 | 255,0 | 307,71 |
| 99 | Svein Arne Follinglo   | Gjøvik AK         | 31.10.2004 | JM | 84,00  | 115,0 | 142,5 | 257,5 | 307,46 |

|     |                   |          |            |    |       |      |       |       |        |
|-----|-------------------|----------|------------|----|-------|------|-------|-------|--------|
| 100 | Alexander Aronsen | National | 05.12.2008 | JM | 60,60 | 92,0 | 120,0 | 212,0 | 306,70 |
|-----|-------------------|----------|------------|----|-------|------|-------|-------|--------|

### JUNIOR KVINNER

|    | NAVN                      | KLUBB             | DATO       | KAT | KRV   | RYKK | STØT  | TOT   | SINCL  |
|----|---------------------------|-------------------|------------|-----|-------|------|-------|-------|--------|
| 1  | Rebekka Tao Jacobsen      | Larvik AK         | 04.12.2016 | JK  | 52,70 | 72,0 | 94,0  | 166,0 | 245,09 |
| 2  | Anja-Evelin Jordalen      | AK Bjørgvin       | 07.07.2008 | JK  | 66,50 | 83,0 | 106,0 | 189,0 | 239,95 |
| 3  | Emma Hald                 | AK Bjørgvin       | 20.04.2017 | JK  | 61,70 | 82,0 | 96,0  | 178,0 | 236,29 |
| 4  | Sarah Hovden Øvsthus      | Flaktveit IK      | 06.12.2014 | JK  | 50,60 | 69,0 | 84,0  | 153,0 | 232,82 |
| 5  | Tiril Boge                | AK Bjørgvin       | 13.10.2018 | JK  | 51,90 | 65,0 | 80,0  | 145,0 | 216,50 |
| 6  | Maren Fikse               | Gjøvik AK         | 28.04.2018 | JK  | 74,40 | 82,0 | 96,0  | 178,0 | 212,83 |
| 7  | Nora Skuggedal            | Larvik AK         | 25.04.2015 | UK  | 62,50 | 67,0 | 87,0  | 154,0 | 202,81 |
| 8  | Veronica Sørensen         | AK Bjørgvin       | 15.03.2003 | JK  | 53,50 | 62,5 | 75,0  | 137,5 | 200,81 |
| 9  | Helene Skuggedal          | Larvik AK         | 25.09.2017 | UK  | 52,90 | 56,0 | 80,0  | 136,0 | 200,25 |
| 10 | Ann Beatrice Høien        | Vigrestad IK      | 25.02.1989 | JK  | 66,40 | 72,5 | 85,0  | 157,5 | 200,13 |
| 11 | Camilla Carlsen           | AK Bjørgvin       | 04.11.2007 | JK  | 50,10 | 60,0 | 70,0  | 130,0 | 199,32 |
| 12 | Beatrice Llano            | AK Bjørgvin       | 21.02.2016 | JK  | 90,50 | 81,0 | 100,0 | 181,0 | 199,11 |
| 13 | Maren Fikse               | Gjøvik AK         | 28.12.2017 | JK  | 73,90 | 74,0 | 90,0  | 164,0 | 196,80 |
| 14 | Kamilla S Grønnestad      | Haugesund VK      | 24.09.2016 | JK  | 58,70 | 63,0 | 80,0  | 143,0 | 195,96 |
| 15 | Bettine Carlsen           | AK Bjørgvin       | 29.10.2016 | JK  | 50,40 | 58,0 | 70,0  | 128,0 | 195,36 |
| 16 | Linda Kværnø              | Hitra VK          | 01.04.1995 | UK  | 53,00 | 60,0 | 72,5  | 132,5 | 194,83 |
| 17 | Julia Jordanger Loen      | Breimsbygda IL    | 17.11.2018 | UK  | 57,20 | 61,0 | 78,0  | 139,0 | 193,78 |
| 18 | Linn Therese Dagsland     | Haugesund VK      | 08.03.2014 | JK  | 69,70 | 71,0 | 85,0  | 156,0 | 192,96 |
| 19 | Solveig Helene Smistad    | Haugesund VK      | 15.12.2016 | UK  | 63,40 | 63,0 | 83,0  | 146,0 | 190,62 |
| 20 | Sofie Prytz Løwer         | Larvik AK         | 04.11.2017 | UK  | 64,30 | 68,0 | 77,0  | 145,0 | 187,72 |
| 21 | Sandra Trædal             | Tambarskjelvar IL | 26.12.2012 | JK  | 51,40 | 56,0 | 68,0  | 124,0 | 186,48 |
| 22 | Trude Raad                | Tambarskjelvar IL | 08.05.2010 | JK  | 74,50 | 73,0 | 83,0  | 156,0 | 186,45 |
| 23 | Tine Rasmussen            | National          | 04.12.2004 | UK  | 52,00 | 55,0 | 70,0  | 125,0 | 186,37 |
| 24 | Marit Årdalsbakke         | Tambarskjelvar IL | 17.11.2012 | JK  | 62,20 | 65,0 | 76,0  | 141,0 | 186,24 |
| 25 | Oda Helene Sunde Svendsen | Jølster IL        | 20.10.2018 | JK  | 58,20 | 60,0 | 75,0  | 135,0 | 186,00 |
| 26 | Cecilie Nybru             | Tysvær VK         | 17.11.2017 | JK  | 67,30 | 68,0 | 78,0  | 146,0 | 184,11 |
| 27 | Marthe Dagsland           | Haugesund VK      | 08.03.2014 | UK  | 62,70 | 60,0 | 78,0  | 138,0 | 181,39 |
| 28 | Martine Jakobsen          | Tønsberg-Kam.     | 09.05.2009 | JK  | 55,10 | 55,0 | 70,0  | 125,0 | 178,79 |
| 29 | Cecilie Nybru             | Haugesund VK      | 21.05.2016 | JK  | 67,30 | 64,0 | 77,0  | 141,0 | 177,80 |
| 30 | Marte Rygg Årdal          | Tambarskjelvar IL | 17.11.2012 | JK  | 71,10 | 62,0 | 83,0  | 145,0 | 177,47 |
| 31 | Guro Bjørke               | AK Bjørgvin       | 04.05.2013 | JK  | 82,30 | 67,0 | 85,0  | 152,0 | 173,56 |
| 32 | Helene Angelica Markhus   | Flaktveit IK      | 29.01.2014 | JK  | 57,50 | 54,0 | 70,0  | 124,0 | 172,26 |
| 33 | Tordis Kristin Bjorland   | Tysvær VK         | 19.06.1993 | UK  | 56,60 | 55,0 | 67,5  | 122,5 | 172,00 |
| 34 | Sunniva Bruland           | Tambarskjelvar IL | 30.11.2013 | JK  | 68,90 | 63,0 | 73,0  | 136,0 | 169,28 |
| 35 | Maria Lavelle             | Haugesund VK      | 21.01.2012 | JK  | 60,80 | 55,0 | 71,0  | 126,0 | 168,81 |
| 36 | Betina Kingel             | Trondheim AK      | 06.12.2014 | JK  | 62,40 | 55,0 | 73,0  | 128,0 | 168,74 |
| 37 | Mari Elisabeth Hobrad     | AK Bjørgvin       | 27.12.2015 | UK  | 67,80 | 60,0 | 74,0  | 134,0 | 168,28 |
| 38 | Celina Ramstad            | Stavanger VK      | 21.01.2017 | JK  | 61,20 | 55,0 | 70,0  | 125,0 | 166,78 |
| 39 | Serina Eikemo Kallevik    | Tysvær VK         | 21.10.2017 | JK  | 61,20 | 55,0 | 70,0  | 125,0 | 166,78 |
| 40 | Kine M. Stensrud          | Gjøvik AK         | 10.06.2006 | UK  | 52,60 | 51,0 | 61,0  | 112,0 | 165,59 |
| 41 | Tina Marita Kværnø        | Hitra VK          | 20.04.2017 | JK  | 57,60 | 53,0 | 65,0  | 118,0 | 163,74 |
| 42 | Ida Vaka                  | Tysvær VK         | 20.10.2018 | JK  | 59,40 | 55,0 | 65,0  | 120,0 | 163,23 |
| 43 | Monica Bakkevik           | Stegaberg IL      | 10.02.1990 | JK  | 52,80 | 50,0 | 60,0  | 110,0 | 162,19 |
| 44 | Evina Güley Ucar          | AK Bjørgvin       | 01.04.2017 | JK  | 65,30 | 56,0 | 70,0  | 126,0 | 161,65 |
| 45 | Andrine Sandved Hestenes  | Haugesund VK      | 28.04.2018 | JK  | 62,70 | 53,0 | 70,0  | 123,0 | 161,64 |
| 46 | Ragnhild Sørensen         | AK Bjørgvin       | 03.04.2004 | UK  | 62,50 | 55,0 | 67,5  | 122,5 | 161,33 |

|    |                           |                   |            |    |       |      |      |       |        |
|----|---------------------------|-------------------|------------|----|-------|------|------|-------|--------|
| 47 | Cathrine Horneland        | Haugesund VK      | 21.03.2018 | JK | 66,90 | 55,0 | 71,0 | 126,0 | 159,42 |
| 48 | Tuva Fløysvik             | Hillevåg AK       | 27.02.2016 | JK | 70,00 | 55,0 | 74,0 | 129,0 | 159,20 |
| 49 | Anita Kristoffersen       | Stavanger Vk      | 05.12.1992 | JK | 59,90 | 52,5 | 65,0 | 117,5 | 158,92 |
| 50 | Martine Warvik Hasseløy   | Haugesund VK      | 28.04.2018 | JK | 67,80 | 55,0 | 71,0 | 126,0 | 158,23 |
| 51 | Ruth Kasirye              | Trondheim AK      | 28.11.2002 | JK | 63,20 | 52,5 | 67,5 | 120,0 | 156,97 |
| 52 | Alice Bråtveit Kirketeig  | Tysvær VK         | 02.12.2017 | JK | 49,90 | 46,0 | 56,0 | 102,0 | 156,87 |
| 53 | Marta Josefine Skretting  | Vigrestad IK      | 23.01.2016 | UK | 87,60 | 60,0 | 80,0 | 140,0 | 155,88 |
| 54 | Elisabeth Larsen          | Larvik AK         | 25.02.1984 | UK | 60,00 | 50,0 | 65,0 | 115,0 | 155,37 |
| 55 | Ingvild Prestegård        | AK Bjørgvin       | 06.11.2013 | JK | 72,40 | 54,0 | 74,0 | 128,0 | 155,20 |
| 56 | Mathilde Hauger           | Gjøvik AK         | 25.10.2014 | UK | 60,20 | 49,0 | 66,0 | 115,0 | 155,04 |
| 57 | Janne Antonsen            | Trondheim AK      | 10.12.1994 | JK | 75,00 | 60,0 | 70,0 | 130,0 | 154,87 |
| 58 | Madelen O. Løkkemyr       | Tønsberg-Kam.     | 05.06.2015 | JK | 55,70 | 46,0 | 63,0 | 109,0 | 154,74 |
| 59 | Ida Regine Thorstensen    | Tromsø AK         | 29.09.2018 | JK | 68,60 | 57,0 | 66,0 | 123,0 | 153,45 |
| 60 | Andrine Hestenes          | Haugesund VK      | 21.03.2018 | JK | 66,80 | 53,0 | 68,0 | 121,0 | 153,22 |
| 61 | Hanna Rullestad           | Haugesund VK      | 28.04.2018 | JK | 57,40 | 46,0 | 64,0 | 110,0 | 152,92 |
| 62 | Lucie Larsen              | AK Bjørgvin       | 28.03.2009 | UK | 61,90 | 52,0 | 63,0 | 115,0 | 152,35 |
| 63 | Oda Sunde Svendsen        | Jølster IL        | 28.03.2018 | JK | 57,20 | 47,0 | 62,0 | 109,0 | 151,96 |
| 64 | Marte Eirin Stenvaag      | Trondheim AK      | 19.06.2013 | JK | 62,20 | 50,0 | 65,0 | 115,0 | 151,90 |
| 65 | Margrete Jonstad          | Lambarskjelva IL  | 22.01.2011 | JK | 67,10 | 52,0 | 68,0 | 120,0 | 151,57 |
| 66 | Sandra Daniella Aas       | National          | 28.04.2012 | JK | 78,90 | 55,0 | 75,0 | 130,0 | 151,21 |
| 67 | Marthe Knutsen            | Tysvær VK         | 09.06.2018 | JK | 66,10 | 52,0 | 66,0 | 118,0 | 150,31 |
| 68 | Vilde Sårheim             | Breimsbygda IL    | 28.04.2018 | JK | 73,10 | 57,0 | 67,0 | 124,0 | 149,66 |
| 69 | Cathrine Horneland        | Haugesund VK      | 04.04.2017 | JK | 63,80 | 50,0 | 65,0 | 115,0 | 149,58 |
| 70 | Kristina Støfring         | Jølster IL        | 26.12.2018 | JK | 78,40 | 59,0 | 69,0 | 128,0 | 149,33 |
| 71 | Hjørdis M. Bjerkholt      | Larvik Ak         | 11.11.1989 | UK | 48,70 | 40,0 | 55,0 | 95,0  | 148,88 |
| 72 | Maria Sandvik             | Spydeberg Atleter | 29.06.2018 | JK | 72,80 | 55,0 | 68,0 | 123,0 | 148,72 |
| 73 | Åshild Haugsgjerd         | Haugesund VK      | 28.04.2018 | JK | 82,70 | 56,0 | 74,0 | 130,0 | 148,12 |
| 74 | Ida Eikeng                | Larvik AK         | 17.09.2016 | UK | 72,30 | 57,0 | 65,0 | 122,0 | 148,03 |
| 75 | Nora Skuggedal            | Larvik AK         | 19.08.2017 | JK | 66,30 | 50,0 | 65,0 | 115,0 | 146,25 |
| 76 | Synne Frydenlund          | Larvik AK         | 28.04.2016 | JK | 62,80 | 45,0 | 66,0 | 111,0 | 145,76 |
| 77 | Ylva Schjetne             | Nidelv IL         | 26.01.1991 | JK | 61,90 | 50,0 | 60,0 | 110,0 | 145,73 |
| 78 | Kine Waskaas              | Tønsberg-Kam.     | 13.10.2007 | UK | 51,00 | 40,0 | 56,0 | 96,0  | 145,22 |
| 79 | Tiril A. Sætran           | Haugesund VK      | 28.04.2018 | JK | 93,50 | 58,0 | 75,0 | 133,0 | 144,64 |
| 80 | Anniken Augustsen         | Frøya VK          | 01.12.1994 | JK | 71,10 | 52,5 | 65,0 | 117,5 | 143,81 |
| 81 | Alice Bråtveit Veim       | Tysvær VK         | 10.09.2017 | JK | 53,40 | 43,0 | 55,0 | 98,0  | 143,32 |
| 82 | Yvonne Holm               | Hillevåg AK       | 30.04.2015 | JK | 64,70 | 48,0 | 63,0 | 111,0 | 143,18 |
| 83 | Lene Garvik               | Vigrestad IK      | 04.02.2017 | JK | 58,30 | 44,0 | 60,0 | 104,0 | 143,16 |
| 84 | Gunnlaug Munkhus          | Stegaberg IL      | 23.04.1988 | UK | 46,20 | 37,5 | 50,0 | 87,5  | 143,03 |
| 85 | Lise Indrehus             | Stavanger Vk      | 22.12.2012 | JK | 62,90 | 43,0 | 66,0 | 109,0 | 142,99 |
| 86 | Tiril Andrea Skeie Sætran | Haugesund VK      | 20.04.2017 | JK | 84,50 | 56,0 | 70,0 | 126,0 | 142,30 |
| 87 | Christine Pedersen        | Stavanger VK      | 22.12.2012 | JK | 59,90 | 45,0 | 60,0 | 105,0 | 142,01 |
| 88 | Lina Teigen               | Hillevåg AK       | 15.10.2016 | JK | 84,00 | 53,0 | 72,0 | 125,0 | 141,51 |
| 89 | Frida Thorsås             | Larvik AK         | 03.05.2014 | JK | 66,10 | 46,0 | 65,0 | 111,0 | 141,41 |
| 90 | Sissel Nystad             | Trondheim AK      | 13.03.1985 | JK | 66,00 | 45,0 | 65,0 | 110,0 | 140,26 |
| 91 | Victoria Christiansen     | Larvik AK         | 28.12.2002 | UK | 81,80 | 52,5 | 70,0 | 122,5 | 140,24 |
| 92 | Ann Cecilie Viken         | Dale IL           | 09.04.2005 | UK | 63,70 | 52,5 | 55,0 | 107,5 | 139,95 |
| 93 | Sunniva Block             | Nidelv IL         | 20.04.2017 | JK | 71,10 | 51,0 | 63,0 | 114,0 | 139,53 |

## UNGDOM GUTTER

| NAVN | KLUBB | DATO | KAT | KRV | RYKK | STØT | TOT | SINCL |
|------|-------|------|-----|-----|------|------|-----|-------|
|------|-------|------|-----|-----|------|------|-----|-------|



|    |                           |                   |            |    |        |       |       |       |        |
|----|---------------------------|-------------------|------------|----|--------|-------|-------|-------|--------|
| 1  | Ivar Hauge                | Førde IL          | 23.11.1985 | UM | 84,60  | 130,0 | 165,0 | 295,0 | 351,03 |
| 2  | Eskil Andersen            | Stavanger VK      | 18.11.2016 | UM | 77,10  | 126,0 | 150,0 | 276,0 | 344,25 |
| 3  | Jarleif Amdal             | Vigrestad IK      | 10.12.2005 | UM | 81,00  | 125,0 | 155,0 | 280,0 | 340,37 |
| 4  | Vebjørn Varlid            | Tambarskjelvar II | 08.12.2007 | UM | 128,70 | 145,0 | 170,0 | 315,0 | 325,06 |
| 5  | Simon Sjøen               | Tysvær VK         | 23.10.1993 | UM | 69,50  | 110,0 | 135,0 | 245,0 | 324,24 |
| 6  | Ørjan Østhus              | Tysvær VK         | 01.11.1997 | UM | 80,40  | 117,5 | 147,5 | 265,0 | 323,36 |
| 7  | Rune Hansen               | Grenland AK       | 11.12.1982 | UM | 74,90  | 112,5 | 140,5 | 253,0 | 320,60 |
| 8  | Øystein Robberstad        | Gjøvik AK         | 29.12.2007 | UM | 94,00  | 126,0 | 155,0 | 281,0 | 319,15 |
| 9  | Egon Vee-Haugen           | Grenland AK       | 22.10.1971 | UM | 74,00  | 110,0 | 140,0 | 250,0 | 318,95 |
| 10 | Kristian Høyland          | Vigrestad IK      | 29.12.1995 | UM | 76,00  | 112,5 | 140,0 | 252,5 | 317,40 |
| 11 | Håvard Vold               | Vigrestad IK      | 29.12.1985 | UM | 73,80  | 112,5 | 135,0 | 247,5 | 316,24 |
| 12 | Eskil Forås               | Trondheim Ak      | 13.12.1986 | UM | 87,60  | 120,0 | 150,0 | 270,0 | 316,12 |
| 13 | Tage Knudsen              | Oslo AK           | 11.12.1976 | UM | 94,00  | 122,5 | 155,0 | 277,5 | 315,18 |
| 14 | Geir Grønnevik            | Tambarskjelvar II | 29.11.1997 | UM | 81,70  | 117,5 | 142,5 | 260,0 | 314,70 |
| 15 | Richard Foyn Markeng      | Tønsberg-kam.     | 11.12.1993 | UM | 79,10  | 115,0 | 140,0 | 255,0 | 313,78 |
| 16 | Bjørnar Olsen             | Grenland AK       | 13.12.1980 | UM | 75,00  | 110,0 | 137,5 | 247,5 | 313,39 |
| 17 | Arne Hagelund             | Stavanger VK      | 27.12.1975 | UM | 75,00  | 107,5 | 137,5 | 245,0 | 310,23 |
| 18 | Kim-Rune Edvardsen        | AK Bjørgvin       | 05.12.1998 | UM | 81,40  | 112,5 | 142,5 | 255,0 | 309,21 |
| 19 | Bjarte Hauge              | Førde IL          | 26.04.1986 | UM | 99,40  | 120,0 | 157,5 | 277,5 | 308,39 |
| 20 | Kim Eirik Jonassen        | Stavanger VK      | 01.12.2006 | UM | 94,60  | 120,0 | 150,0 | 270,0 | 305,87 |
| 21 | Jan Robert Solli          | Tønsberg-kam.     | 24.10.1987 | UM | 74,50  | 107,5 | 132,5 | 240,0 | 305,03 |
| 22 | Marcus Bratli             | AK Bjørgvin       | 15.09.2017 | UM | 61,10  | 95,0  | 116,0 | 211,0 | 303,52 |
| 23 | Sindre Rørstadbotnen      | Tambarskjelvar II | 04.12.2009 | UM | 93,30  | 110,0 | 156,0 | 266,0 | 303,04 |
| 24 | Victor Solstrand          | Rossabø UL        | 12.10.1975 | UM | 89,00  | 120,0 | 140,0 | 260,0 | 302,25 |
| 25 | Svein Tore Hølland        | Vigrestad IK      | 29.12.1985 | UM | 75,80  | 107,5 | 132,5 | 240,0 | 302,12 |
| 26 | Jostein Mattingsdal       | Vigrestad IK      | 09.12.1995 | UM | 67,90  | 100,0 | 125,0 | 225,0 | 302,05 |
| 27 | Truls H. Grimstad         | Larvik AK         | 10.10.1998 | UM | 78,10  | 107,5 | 135,0 | 242,5 | 300,40 |
| 28 | Trond Høgtun              | IL Milo           | 28.12.1991 | UM | 85,10  | 115,0 | 137,5 | 252,5 | 299,62 |
| 29 | Rune Mattingsdal          | Vigrestad IK      | 01.04.1995 | UM | 71,70  | 105,0 | 125,0 | 230,0 | 298,80 |
| 30 | Jantsen Øverås            | Tambarskjelvar II | 29.10.2011 | UM | 63,20  | 96,0  | 116,0 | 212,0 | 298,05 |
| 31 | Alexander Aronsen         | National          | 03.11.2007 | UM | 60,90  | 94,0  | 112,0 | 206,0 | 297,00 |
| 32 | Per Arne Marstad          | Tønsberg-kam.     | 26.11.1988 | UM | 67,30  | 95,0  | 125,0 | 220,0 | 296,98 |
| 33 | Geir Inge Sørvåg          | Stegaberg II      | 21.11.1987 | UM | 65,50  | 95,0  | 120,0 | 215,0 | 295,27 |
| 34 | Torstein Gjervan          | Nidelv IL         | 30.12.1984 | UM | 68,40  | 97,5  | 122,5 | 220,0 | 294,01 |
| 35 | Lars Hage                 | Nidelv IL         | 20.11.1977 | UM | 82,20  | 102,5 | 140,0 | 242,5 | 292,63 |
| 36 | Ragnar Holme              | Tambarskjelvar II | 26.12.2018 | UM | 121,80 | 124,0 | 156,0 | 280,0 | 292,48 |
| 37 | Bernt Petter Andersen     | Stavanger VK      | 27.12.1975 | UM | 69,00  | 97,5  | 122,5 | 220,0 | 292,44 |
| 38 | Runar Stikholmen          | AK Bjørgvin       | 03.12.2005 | UM | 72,90  | 104,0 | 123,0 | 227,0 | 292,08 |
| 39 | Geir Stølsvik             | Stegaberg II      | 27.12.1989 | UM | 81,00  | 110,0 | 130,0 | 240,0 | 291,75 |
| 40 | Lars Kåre Skifjeld        | Grenland AK       | 11.12.1976 | UM | 59,90  | 90,0  | 110,0 | 200,0 | 291,70 |
| 41 | Øystein Aleksander Skauge | Nidelv IL         | 17.02.2018 | UM | 78,10  | 110,0 | 125,0 | 235,0 | 291,20 |
| 42 | Robert Andre Moldestad    | Breimsbygda IL    | 26.12.2017 | UM | 61,80  | 93,0  | 111,0 | 204,0 | 291,17 |
| 43 | Vegar Farsund             | Tambarskjelvar II | 02.12.2005 | UM | 91,20  | 111,0 | 142,0 | 253,0 | 291,00 |
| 44 | Nils Petter Floan         | Trondheim AK      | 29.12.1976 | UM | 87,00  | 107,5 | 140,0 | 247,5 | 290,69 |
| 45 | Håvard Mattingsdal        | Vigrestad IK      | 21.11.1998 | UM | 68,50  | 100,0 | 117,5 | 217,5 | 290,40 |
| 46 | Bjarte Åsbø               | IL Viking         | 25.01.1981 | UM | 78,70  | 105,0 | 130,0 | 235,0 | 289,93 |
| 47 | Olav Johansen             | Gjøvik AK         | 12.10.2002 | UM | 87,60  | 115,0 | 132,5 | 247,5 | 289,78 |
| 48 | Bjørn Erik Frigaard       | National          | 26.10.1985 | UM | 72,80  | 100,0 | 125,0 | 225,0 | 289,74 |
| 49 | Tom Nordby                | Gjøvik AK         | 10.10.1977 | UM | 74,80  | 102,5 | 125,0 | 227,5 | 288,50 |
| 50 | Tommy Olsen               | IL Milo           | 27.12.1992 | UM | 67,20  | 92,5  | 120,0 | 212,5 | 287,12 |

|     |                           |                   |            |    |        |       |       |       |        |
|-----|---------------------------|-------------------|------------|----|--------|-------|-------|-------|--------|
| 51  | Kjetil Lindanger          | Haugesund VK      | 29.11.1997 | UM | 74,30  | 100,0 | 125,0 | 225,0 | 286,40 |
| 52  | Kristian Hellenen         | Vigrestad IK      | 09.10.2010 | UM | 88,70  | 110,0 | 135,0 | 245,0 | 285,24 |
| 53  | Tom Jonassen              | Stavanger VK      | 03.12.1977 | UM | 63,10  | 90,0  | 112,5 | 202,5 | 285,00 |
| 54  | Filip Ludvigsen           | IL Milo           | 27.03.1982 | UM | 81,50  | 105,0 | 130,0 | 235,0 | 284,79 |
| 55  | Aron Sussman              | Stavanger VK      | 22.12.2018 | UM | 66,30  | 96,0  | 113,0 | 209,0 | 284,78 |
| 56  | Tore GjØringbØ            | Tambarskjelvar IL | 03.12.2011 | UM | 83,70  | 101,0 | 136,0 | 237,0 | 283,47 |
| 57  | Trond Skiffeld            | Grenland AK       | 29.11.1997 | UM | 61,50  | 87,5  | 110,0 | 197,5 | 282,83 |
| 58  | Joakim Sofienlund         | Gjøvik AK         | 28.12.2003 | UM | 79,40  | 105,0 | 125,0 | 230,0 | 282,46 |
| 59  | Daniel Fønnes             | AK Bjørgvin       | 29.12.2002 | UM | 67,70  | 92,5  | 117,5 | 210,0 | 282,43 |
| 60  | Odd Hagenes               | IL Viking         | 09.12.1979 | UM | 66,60  | 95,0  | 112,5 | 207,5 | 281,96 |
| 61  | Bjørn Thorsen             | Stavanger VK      | 30.12.1978 | UM | 83,20  | 105,0 | 130,0 | 235,0 | 281,90 |
| 62  | Ragnar Mathisen           | Nidelv IL         | 07.08.1993 | UM | 60,80  | 85,0  | 110,0 | 195,0 | 281,46 |
| 63  | Odd Gunnar Røyseth        | Førde IL          | 16.12.1989 | UM | 67,10  | 92,5  | 115,0 | 207,5 | 280,63 |
| 64  | Terje Grimstad            | Larvik AK         | 10.11.1968 | UM | 67,10  | 92,5  | 115,0 | 207,5 | 280,63 |
| 65  | Kim Helge Moe             | Vigrestad IK      | 20.11.2004 | UM | 102,20 | 110,0 | 145,0 | 255,0 | 280,55 |
| 66  | Jan Røst                  | Nidelv IL         | 05.03.1967 | UM | 74,10  | 92,5  | 127,5 | 220,0 | 280,46 |
| 67  | Enrico Vassdal            | Hitra VK          | 24.04.1993 | UM | 80,60  | 105,0 | 125,0 | 230,0 | 280,29 |
| 68  | Jan Kristian Johnsrud     | Tønsberg-kam.     | 27.09.1986 | UM | 71,30  | 100,0 | 115,0 | 215,0 | 280,23 |
| 69  | Øystein Aleksander Skauge | Nidelv IL         | 17.11.2017 | UM | 76,30  | 102,0 | 121,0 | 223,0 | 279,72 |
| 70  | Helge Gjøvåg              | Stavanger VK      | 20.04.1974 | UM | 66,20  | 92,5  | 112,5 | 205,0 | 279,63 |
| 71  | Terje Indseth             | Lenja AK          | 26.02.1978 | UM | 74,50  | 95,0  | 125,0 | 220,0 | 279,61 |
| 72  | Anders Andersen           | Lenja AK          | 31.10.1980 | UM | 67,50  | 92,5  | 115,0 | 207,5 | 279,59 |
| 73  | Svein Arne Follinglo      | Gjøvik AK         | 07.12.2002 | UM | 75,30  | 100,0 | 120,0 | 220,0 | 277,96 |
| 74  | Johan Fredrik Murberg     | Larvik AK         | 16.11.2012 | UM | 74,70  | 100,0 | 119,0 | 219,0 | 277,93 |
| 75  | Ove Hordnes               | AK Bjørgvin       | 02.12.2006 | UM | 103,00 | 110,0 | 143,0 | 253,0 | 277,59 |
| 76  | Thorkild Larsen           | Larvik Ak         | 12.11.1988 | UM | 72,70  | 95,0  | 120,0 | 215,0 | 277,08 |
| 77  | Kjell Roger Engvik        | Nidelv IL         | 12.12.1981 | UM | 90,50  | 117,5 | 122,5 | 240,0 | 276,97 |
| 78  | Ketil Bergmann            | Nidelv IL         | 29.12.1995 | UM | 66,00  | 90,0  | 112,5 | 202,5 | 276,75 |
| 79  | Tommy Sele                | IL Viking         | 10.12.1978 | UM | 74,40  | 97,5  | 120,0 | 217,5 | 276,64 |
| 80  | Svein Inge Waaland        | Stavanger VK      | 04.02.1984 | UM | 55,90  | 80,0  | 100,0 | 180,0 | 276,01 |
| 81  | Magnar Hellenen           | Vigrestad IK      | 21.09.1985 | UM | 79,70  | 102,5 | 122,5 | 225,0 | 275,78 |
| 82  | Per Hordnes               | AK Bjørgvin       | 05.12.1998 | UM | 67,90  | 95,0  | 110,0 | 205,0 | 275,21 |
| 83  | Lars Vegard Jahnsen       | Tønsberg-Kam.     | 05.12.1998 | UM | 78,50  | 100,0 | 122,5 | 222,5 | 274,88 |
| 84  | Ørjan Jervsjø             | Rjukan IL         | 26.11.1983 | UM | 92,20  | 105,0 | 135,0 | 240,0 | 274,78 |
| 85  | Oskar Emil Wavold         | Nidelv IL         | 31.08.2016 | UM | 85,00  | 110,0 | 121,0 | 231,0 | 274,26 |
| 86  | Jostein Frøyd             | Larvik AK         | 04.12.1999 | UM | 62,00  | 85,0  | 107,5 | 192,5 | 274,15 |
| 87  | Kristian Ulvan            | Hitra VK          | 23.10.2010 | UM | 68,90  | 90,0  | 116,0 | 206,0 | 274,07 |
| 88  | Ingve Erga                | Vigrestad IK      | 24.10.1982 | UM | 81,10  | 95,0  | 130,0 | 225,0 | 273,34 |
| 89  | Leik Simon Aas            | National          | 02.12.2006 | UM | 72,10  | 95,0  | 116,0 | 211,0 | 273,23 |
| 90  | Håvar Røyseth             | Førde IL          | 10.11.1984 | UM | 67,50  | 87,5  | 115,0 | 202,5 | 272,85 |
| 91  | Stian Grimseth            | Førde IL          | 16.12.1989 | UM | 91,60  | 110,0 | 127,5 | 237,5 | 272,67 |
| 92  | Morten Gjersvik           | Vigrestad IK      | 18.09.1999 | UM | 74,80  | 95,0  | 120,0 | 215,0 | 272,65 |
| 93  | Børge Øvrebø              | Voll IL           | 03.12.1977 | UM | 82,10  | 100,0 | 125,0 | 225,0 | 271,67 |
| 94  | Stian Knudsen             | Vigrestad Ik      | 18.12.1990 | UM | 66,80  | 90,0  | 110,0 | 200,0 | 271,25 |
| 95  | Kim Aleksander Kværnø     | Hitra VK          | 04.11.2017 | UM | 59,50  | 82,0  | 103,0 | 185,0 | 271,09 |
| 96  | Atle Rønning              | Kragerø AK        | 13.12.1981 | UM | 59,50  | 77,5  | 107,5 | 185,0 | 271,09 |
| 97  | Håkon Eik Litland         | AK Bjørgvin       | 18.11.2018 | UM | 82,70  | 102,0 | 123,0 | 225,0 | 270,78 |
| 98  | Vidar Sæland              | Vigrestad IK      | 15.12.1974 | UM | 67,00  | 87,5  | 112,5 | 200,0 | 270,74 |
| 99  | Svein Idar Hammervold     | IL Milo           | 09.12.1978 | UM | 74,40  | 97,5  | 115,0 | 212,5 | 270,28 |
| 100 | Kjell Tore Andersen       | Tønsberg-kam.     | 12.03.1988 | UM | 65,90  | 87,5  | 110,0 | 197,5 | 270,18 |

## UNGDOM JENTER

|    | NAVN                      | KLUBB                 | DATO       | KAT | KRV   | RYKK | STØT | TOT   | SINCL  |
|----|---------------------------|-----------------------|------------|-----|-------|------|------|-------|--------|
| 1  | Tiril Boge                | AK Bjørgvin           | 04.11.2017 | UK  | 51,00 | 64,0 | 74,0 | 138,0 | 208,75 |
| 2  | Anja-Evelin Jordalen      | AK Bjørgvin           | 30.10.2004 | UK  | 60,20 | 70,0 | 82,5 | 152,5 | 205,60 |
| 3  | Nora Skuggedal            | Larvik AK             | 25.04.2015 | UK  | 62,50 | 67,0 | 87,0 | 154,0 | 202,81 |
| 4  | Helene Skuggedal          | Larvik AK             | 25.09.2017 | UK  | 52,90 | 56,0 | 80,0 | 136,0 | 200,25 |
| 5  | Rebekka Tao Jacobsen      | Larvik AK             | 29.11.2013 | UK  | 50,00 | 57,0 | 73,0 | 130,0 | 199,62 |
| 6  | Solveig Helene Smistad    | Stavanger VK          | 18.02.2017 | UK  | 61,80 | 64,0 | 83,0 | 147,0 | 194,94 |
| 7  | Linda Kværnø              | Hitra VK              | 01.04.1995 | UK  | 53,00 | 60,0 | 72,5 | 132,5 | 194,83 |
| 8  | Julia Jordanger Loen      | Breimsbygda IL        | 17.11.2018 | UK  | 57,20 | 61,0 | 78,0 | 139,0 | 193,78 |
| 9  | Maren Fikse               | Gjøvik AK             | 21.02.2016 | UK  | 69,00 | 67,0 | 86,0 | 153,0 | 190,29 |
| 10 | Sofie Prytz Løwer         | Larvik AK             | 04.11.2017 | UK  | 64,30 | 68,0 | 77,0 | 145,0 | 187,72 |
| 11 | Tine Rasmussen            | National              | 04.12.2004 | UK  | 52,00 | 55,0 | 70,0 | 125,0 | 186,37 |
| 12 | Camilla Carlsen           | AK Bjørgvin           | 15.10.2005 | UK  | 50,50 | 55,0 | 67,0 | 122,0 | 185,92 |
| 13 | Marthe Dagsland           | Haugesund VK          | 08.03.2014 | UK  | 62,70 | 60,0 | 78,0 | 138,0 | 181,39 |
| 14 | Linn Therese Dagsland     | Haugesund VK          | 17.11.2012 | UK  | 69,50 | 65,0 | 80,0 | 145,0 | 179,63 |
| 15 | Bettine Carlsen           | AK Bjørgvin           | 23.09.2015 | UK  | 50,50 | 50,0 | 67,0 | 117,0 | 178,30 |
| 16 | Emma Hald                 | Haugesund VK          | 18.12.2014 | UK  | 62,50 | 60,0 | 75,0 | 135,0 | 177,79 |
| 17 | Oda Marie Myklebust       | AK Bjørgvin           | 17.11.2018 | UK  | 78,90 | 79,0 | 72,0 | 151,0 | 175,63 |
| 18 | Beatrice Llano            | Flaktveit IK          | 14.05.2014 | UK  | 85,90 | 67,0 | 89,0 | 156,0 | 175,02 |
| 19 | Veronica Sørensen         | AK Bjørgvin           | 08.12.2001 | UK  | 55,20 | 57,5 | 65,0 | 122,5 | 174,99 |
| 20 | Helene Angelica Markhus   | Larvik AK             | 29.08.2017 | UK  | 55,40 | 53,0 | 68,0 | 121,0 | 172,41 |
| 21 | Tordis Kristin Bjorland   | Tysvær VK             | 19.06.1993 | UK  | 56,60 | 55,0 | 67,5 | 122,5 | 172,00 |
| 22 | Ronja Lenvik              | Hitra VK              | 29.12.2018 | UK  | 47,00 | 50,0 | 55,0 | 105,0 | 169,26 |
| 23 | Ann Beatrice Høien        | Vigrestad IK          | 08.11.1986 | UK  | 58,00 | 55,0 | 67,5 | 122,5 | 169,20 |
| 24 | Oda Helene Sunde Svendsen | Jølster IL            | 14.12.2017 | UK  | 59,50 | 56,0 | 68,0 | 124,0 | 168,44 |
| 25 | Mari Elisabeth Hobrad     | AK Bjørgvin           | 27.12.2015 | UK  | 67,80 | 60,0 | 74,0 | 134,0 | 168,28 |
| 26 | Kine M. Stensrud          | Gjøvik AK             | 10.06.2006 | UK  | 52,60 | 51,0 | 61,0 | 112,0 | 165,59 |
| 27 | Silje Johnsrud            | Grenland AK           | 19.04.2018 | UK  | 60,00 | 52,0 | 68,0 | 120,0 | 162,13 |
| 28 | Ragnhild Sørensen         | AK Bjørgvin           | 03.04.2004 | UK  | 62,50 | 55,0 | 67,5 | 122,5 | 161,33 |
| 29 | Åse Johanne Berge         | Hitra VK              | 29.12.2018 | UK  | 52,70 | 48,0 | 61,0 | 109,0 | 160,93 |
| 30 | Marte Rygg Årdal          | Tamboarskjervat<br>II | 05.12.2009 | UK  | 64,70 | 53,0 | 70,0 | 123,0 | 158,66 |
| 31 | Hedda Hauge Aasgård       | AK Bjørgvin           | 26.09.2018 | UK  | 62,60 | 52,0 | 68,0 | 120,0 | 157,87 |
| 32 | Marta Josefine Skretting  | Vigrestad IK          | 23.01.2016 | UK  | 87,60 | 60,0 | 80,0 | 140,0 | 155,88 |
| 33 | Elisabeth Larsen          | Larvik AK             | 21.01.1984 | UK  | 60,00 | 50,0 | 65,0 | 115,0 | 155,37 |
| 34 | Mathilde Hauger           | Gjøvik AK             | 25.10.2014 | UK  | 60,20 | 49,0 | 66,0 | 115,0 | 155,04 |
| 35 | Maria Lavelle             | Haugesund VK          | 22.01.2011 | UK  | 57,40 | 47,0 | 62,0 | 109,0 | 151,60 |
| 36 | Vilde Sårheim             | Breimsbygda IL        | 14.12.2017 | UK  | 72,80 | 56,0 | 69,0 | 125,0 | 151,14 |
| 37 | Lucie Larsen              | AK Bjørgvin           | 28.03.2009 | UK  | 58,00 | 45,0 | 64,0 | 109,0 | 150,56 |
| 38 | Andrine Hestenes          | Haugesund VK          | 19.12.2017 | UK  | 63,80 | 50,0 | 65,0 | 115,0 | 149,58 |
| 39 | Sandra Nævdal             | AK Bjørgvin           | 03.11.2018 | UK  | 46,00 | 38,0 | 53,0 | 91,0  | 149,36 |
| 40 | Celina Ramstad            | Haugesund VK          | 14.11.2015 | UK  | 63,20 | 52,0 | 62,0 | 114,0 | 149,12 |
| 41 | Tina Marita Kværnø        | Hitra VK              | 29.12.2015 | UK  | 55,70 | 45,0 | 60,0 | 105,0 | 149,06 |
| 42 | Hjørdis M. Bjerkholt      | Larvik AK             | 11.11.1989 | UK  | 48,70 | 40,0 | 55,0 | 95,0  | 148,88 |
| 43 | Ida Eikeng                | Larvik AK             | 17.09.2016 | UK  | 72,30 | 57,0 | 65,0 | 122,0 | 148,03 |
| 44 | Sunniva Bruland           | Tamboarskjervat<br>II | 26.12.2010 | UK  | 56,60 | 46,0 | 59,0 | 105,0 | 147,43 |
| 45 | Margrete Jonstad          | Tamboarskjervat<br>II | 03.12.2010 | UK  | 68,60 | 52,0 | 66,0 | 118,0 | 147,23 |
| 46 | Martine W.Hasseløy        | Haugesund VK          | 19.12.2017 | UK  | 69,20 | 53,0 | 65,0 | 118,0 | 146,53 |

|    |                         |                   |            |    |       |      |      |       |        |
|----|-------------------------|-------------------|------------|----|-------|------|------|-------|--------|
| 47 | Vår Eik Litland         | AK Bjørgvin       | 17.11.2018 | UK | 66,10 | 52,0 | 63,0 | 115,0 | 146,48 |
| 48 | Kine Waskaas            | Tønsberg-Kam.     | 13.10.2007 | UK | 51,00 | 40,0 | 56,0 | 96,0  | 145,22 |
| 49 | Hannah Økland           | Trondheim AK      | 09.06.2018 | UK | 66,40 | 52,0 | 62,0 | 114,0 | 144,88 |
| 50 | Ronja Lenvik            | Hitra VK          | 22.11.2017 | UK | 51,20 | 42,0 | 54,0 | 96,0  | 144,79 |
| 51 | Gunnlaug Munkhus        | Stegaberg II      | 23.04.1988 | UK | 46,20 | 37,5 | 50,0 | 87,5  | 143,03 |
| 52 | Monica Bakkevik         | Stegaberg II      | 28.11.1987 | UK | 52,60 | 45,0 | 50,0 | 95,0  | 140,46 |
| 53 | Victoria Christiansen   | Larvik AK         | 28.12.2002 | UK | 81,80 | 52,5 | 70,0 | 122,5 | 140,24 |
| 54 | Ann Cecilie Viken       | Dale IL           | 09.04.2005 | UK | 63,70 | 52,5 | 55,0 | 107,5 | 139,95 |
| 55 | Kamilla Wisth           | Nidelv IL         | 29.09.2012 | UK | 67,70 | 45,0 | 66,0 | 111,0 | 139,51 |
| 56 | Linda Strøm Nilsen      | Tønsberg-Kam.     | 09.11.1985 | UK | 53,50 | 42,5 | 52,5 | 95,0  | 138,74 |
| 57 | Marte Eirin Stenvaag    | Trondheim AK      | 28.04.2014 | UK | 69,80 | 49,0 | 63,0 | 112,0 | 138,43 |
| 58 | Sarah Hovden Øvsthus    | Flaktveit IK      | 28.12.2011 | UK | 49,90 | 38,0 | 52,0 | 90,0  | 138,41 |
| 59 | Bess Aadland            | Tysvær VK         | 08.10.1993 | UK | 54,00 | 42,5 | 52,5 | 95,0  | 137,82 |
| 60 | Ingunn Justlar          | Ak Bjørgvin       | 30.12.1989 | UK | 60,80 | 45,0 | 57,5 | 102,5 | 137,32 |
| 61 | Mari Forås              | Trondheim AK      | 18.01.2014 | UK | 57,10 | 44,0 | 54,0 | 98,0  | 136,78 |
| 62 | Cathrine Horneland      | Haugesund VK      | 15.12.2016 | UK | 62,80 | 42,0 | 62,0 | 104,0 | 136,57 |
| 63 | Carmen Grimseth         | Tambarskjelvar IF | 26.12.2018 | UK | 87,10 | 53,0 | 69,0 | 122,0 | 136,14 |
| 64 | Marthe Antonsen Kjos    | Haugesund VK      | 19.12.2017 | UK | 64,50 | 45,0 | 60,0 | 105,0 | 135,69 |
| 65 | Hanna Rullestad         | Haugesund VK      | 19.12.2017 | UK | 57,20 | 40,0 | 57,0 | 97,0  | 135,23 |
| 66 | Emma Reiakvam           | Tambarskjelvar IF | 05.12.2018 | UK | 47,20 | 38,0 | 46,0 | 84,0  | 134,90 |
| 67 | Tiril Sævran            | Haugesund VK      | 15.12.2016 | UK | 87,10 | 50,0 | 70,0 | 120,0 | 133,91 |
| 68 | Amalie Straume          | Trondheim AK      | 03.11.2018 | UK | 72,60 | 49,0 | 61,0 | 110,0 | 133,23 |
| 69 | Linn Therese Solend     | AK Bjørgvin       | 29.04.1996 | UK | 36,00 | 27,5 | 37,5 | 65,0  | 133,08 |
| 70 | Åse Johanne Berge       | Hitra VK          | 29.12.2017 | UK | 51,60 | 38,0 | 50,0 | 88,0  | 131,96 |
| 71 | Cia Severinsen          | Haugesund VK      | 15.10.2016 | UK | 69,00 | 50,0 | 56,0 | 106,0 | 131,83 |
| 72 | Anita Kristoffersen     | Stavanger VK      | 21.10.1989 | UK | 60,00 | 40,0 | 57,5 | 97,5  | 131,73 |
| 73 | Kaci Lund Kristiansen   | Larvik AK         | 13.06.2015 | UK | 61,60 | 44,0 | 55,0 | 99,0  | 131,55 |
| 74 | Suzanne Svanevik        | AK Bjørgvin       | 02.11.2011 | UK | 52,30 | 33,0 | 55,0 | 88,0  | 130,65 |
| 75 | Ina Furustad            | Larvik Ak         | 31.03.1990 | UK | 54,40 | 37,5 | 52,5 | 90,0  | 129,89 |
| 76 | Maria Wågan             | Namsos VK         | 10.12.2009 | UK | 65,10 | 41,0 | 60,0 | 101,0 | 129,81 |
| 77 | Lene Garvik             | Vigrestad IK      | 05.11.2016 | UK | 61,10 | 41,0 | 56,0 | 97,0  | 129,55 |
| 78 | Guro Storkås            | Larvik AK         | 23.08.2016 | UK | 73,00 | 47,0 | 60,0 | 107,0 | 129,19 |
| 79 | Sandra Munkhaugen       | Nidelv IL         | 17.11.2018 | UK | 48,90 | 32,0 | 50,0 | 82,0  | 128,18 |
| 80 | Helene Sofie Ingvaldsen | AK Bjørgvin       | 30.04.2012 | UK | 82,70 | 47,0 | 65,0 | 112,0 | 127,62 |
| 81 | Astrid Andersen         | Tønsberg-kam.     | 22.02.1986 | UK | 55,80 | 35,0 | 55,0 | 90,0  | 127,60 |
| 82 | Monica Smedhaug         | Nidelv IL         | 23.04.2014 | UK | 51,00 | 36,0 | 48,0 | 84,0  | 127,07 |
| 83 | Amalie Melin            | National          | 12.03.2016 | UK | 67,90 | 44,0 | 57,0 | 101,0 | 126,73 |
| 84 | Sandra Trædal           | Tambarskjelvar IF | 05.12.2009 | UK | 53,30 | 35,0 | 51,0 | 86,0  | 125,94 |
| 85 | Karina Løwe             | Larvik AK         | 09.11.2002 | UK | 57,10 | 40,0 | 50,0 | 90,0  | 125,62 |
| 86 | Isabel Haugstvedt       | AK Bjørgvin       | 25.04.2007 | UK | 62,30 | 42,0 | 53,0 | 95,0  | 125,36 |
| 87 | Hanne Haakonsen         | Tønsberg-Kam.     | 12.03.1982 | UK | 53,00 | 35,0 | 50,0 | 85,0  | 124,98 |
| 88 | Vibeke Østensvik        | Stegaberg IL      | 28.01.1989 | UK | 53,10 | 35,0 | 50,0 | 85,0  | 124,81 |
| 89 | Hilde Paulsen           | Orkanger IF       | 16.03.1991 | UK | 65,60 | 42,5 | 55,0 | 97,5  | 124,76 |