**GNEIST FRIIDRETT**

**Seniorstatistikk inne 2015**

Oppdatert: 31.3. 2015

Rettingar til [larsarve.rossland@gmail.com](mailto:larsarve.rossland@gmail.com)

**Kvinner**

**60m**

|  |  |  |  |
| --- | --- | --- | --- |
| *7,65 (KS)* | *Kjersti Ristesund (70)* | *Askim* | *31.01.1987* |
| *7,65 (U20)* | *Kjersti Ristesund (70)* | *Askim* | *31.01.1987* |
|  |  |  |  |
| 7,86 | Monika Benserud (96) | Ulsteinvik | 07.03.2015 |
| 8,25 | Renate Lie (98) | Leikvang | 25.01.2015 |
| 8,34 | Maren Haugen Lillefosse (98) | Sandnes | 10.01.2015 |
| 8,42 | Malin Marie Rosvoll Olsen (99) | Leikvang | 31.01.2015 |
| 8,52 | Anna Evensen (00) | Ulsteinvik | 06.03.2015 |
| 8,75 | Michelle Floor Heggeland (99) | Leikvang | 31.01.2015 |
| 9,03 | Sanne Myrmel (99) | Tallinn, EST | 03.01.2015 |
|  |  |  |  |

**150m**

|  |  |  |  |
| --- | --- | --- | --- |
| *18,61 (KS)* | *Monika Benserud (96)* | *Leikvang* | *28.12. 2013* |
| *18,61 (U20)* | *Monika Benserud (96)* | *Leikvang* | *28.12. 2013* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**200 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *25,81 (KS)* | *Vilde Lund Bjørnsen (96)* | *Ranheim* | *13.03. 2011* |
| *25,81 (U20)* | *Vilde Lund Bjørnsen (96)* | *Ranheim* | *13.03. 2011* |
|  |  |  |  |
| 26,68 | Renate Lie (98) | Leikvang | 31.01.2015 |
| 28,19 | Anna Evensen (00) | Leikvang | 24.01.2015 |
| 28,32 | Malin Marie Rosvoll Olsen (99) | Leikvang | 31.01.2015 |
| 28,99 | Michelle Floor Heggeland (99) | Leikvang | 31.01.2015 |
|  |  |  |  |

**400m**

|  |  |  |  |
| --- | --- | --- | --- |
| *57,33 (KS)* | *Martine Eikemo Borge (90)* | *Leikvang* | *01.02. 2015* |
| *59,69 (U20)* | *Renate Lie (98)* | *Leikvang* | *19.01. 2014* |
|  |  |  |  |
| 57,33 | Martine Eikemo Borge (90) | Leikvang | 01.02.2015 |
| 59,96 | Renate Lie (98) | Ulsteinvik | 06.03.2015 |
|  |  |  |  |

**600m**

|  |  |  |  |
| --- | --- | --- | --- |
| *1:39.02 (KS)* | *Renate Lie (98)* | *Leikvang* | *10.02. 2013* |
| *1:39.02 (U20)* | *Renate Lie (98)* | *Leikvang* | *10.02. 2013* |
|  |  |  |  |
| 1:55,73 | Maren Haugen Lillefosse (98) | Sandnes | 11.01.2015 |
|  |  |  |  |

**800m**

|  |  |  |  |
| --- | --- | --- | --- |
| *2:11,94 (KS)* | *Martine Eikemo Borge (90)* | *Leikvang* | *31.01. 2015* |
| *2:20,37 (U20)* | *Eline Myking (97)* | *Ulsteinvik* | *24.01. 2015* |
|  |  |  |  |
| 2:11,94 | Martine Eikemo Borge (90) | Leikvang | 31.01.2015 |
| 2:20,37 | Eline Myking (97) | Leikvang | 24.01.2015 |
| 2:24,67 | Elina Drivenes (97) | Ulsteinvik | 07.03.2015 |
|  |  |  |  |

**1500m**

|  |  |  |  |
| --- | --- | --- | --- |
| *4:38,41 (KS)* | *Ingvild Myking (99)* | *Ulsteinvik* | *08.03. 2015* |
| *4:38,41 (U20)* | *Ingvild Myking (99)* | *Ulsteinvik* | *08.03. 2015* |
|  |  |  |  |
| 4:38,41 | Ingvild Myking (99) | Ulsteinvik | 08.03.2015 |
| 4:42,35 | Eline Myking (97) | Leikvang | 31.01.2015 |
| 4:58,76 | Elina Drivenes (97) | Ulsteinvik | 08.03.2015 |
| 5:23,38 | Ingrid Næss Johansen (97) | Leikvang | 31.01.2015 |
|  |  |  |  |

**2000m**

|  |  |  |  |
| --- | --- | --- | --- |
| *7:01,35 (KS)* | *Ingrid Helene Nyhus (97)* | *Leikvang* | *06.01. 2012* |
| *7:01,35 (U20)* | *Ingrid Helene Nyhus (97)* | *Leikvang* | *06.01. 2012* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**3000m**

|  |  |  |  |
| --- | --- | --- | --- |
| *9:53,25 (KS)* | *Ingvild Myking (99)* | *Leikvang* | *25.01. 2015* |
| *9:53,25 (U20)* | *Ingvild Myking (99)* | *Leikvang* | *25.01. 2015* |
|  |  |  |  |
| 9:53,25 | Ingvild Myking (99) | Leikvang | 25.01.2015 |
| 11:17,64 | Ingrid Næss Johansen (97) | Leikvang | 25.01.2015 |
|  |  |  |  |

**60m hekk (84)**

|  |  |  |  |
| --- | --- | --- | --- |
| *8,37 (KS)* | *Anne Beth Espetvedt (69)* | *Oslo/Ek* | *15.02. 1987* |
| *8,37 (U20)* | *Anne Beth Espetvedt (69)* | *Oslo/Ek* | *15.02. 1987* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Høgde**

|  |  |  |  |
| --- | --- | --- | --- |
| *1,74 (KS)* | *Hilde Hovlandsdal (87)* | *Stange* | *15.02. 2004* |
| *1,74 (U20)* | *Hilde Hovlandsdal (87)* | *Stange* | *15.02. 2004* |
|  |  |  |  |
| 1,45 | Maren Haugen Lillefosse (98) | Sandnes | 11.01.2015 |
|  |  |  |  |

**Høgde uten tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *1,39 (KS)* | *Marianne Benserud (95)* | *Ranheim* | *12.02.2011* |
| *1,39 (U20)* | *Marianne Benserud (95)* | *Ranheim* | *12.02.2011* |
|  |  |  |  |
| 1,25 | Sanne Myrmel (99) | Garnes | 02.02.2015 |
|  |  |  |  |

**Stav**

|  |  |  |  |
| --- | --- | --- | --- |
| *3,36 (KS)* | *Ingvild M. Andersen (90)* | *Fana* | *20.01.2008* |
| *3,36 (U20)* | *Ingvild M. Andersen (90)* | *Fana* | *20.01.2008* |
|  |  |  |  |
| 3,01 | Sanne Myrmel (99) | Bærum | 14.02.2015 |
|  |  |  |  |

**Lengde**

|  |  |  |  |
| --- | --- | --- | --- |
| *5,88 (KS)* | *Gerd Lise Nybråt (70)* | *Oslo/Ek* | *25.01.1987* |
| *5,88 (U20)* | *Gerd Lise Nybråt (70)* | *Oslo/Ek* | *25.01.1987* |
|  |  |  |  |
| 5,76 | Monika Benserud (96) | Leikvang | 31.01.2015 |
| 5,00 | Maren Haugen Lillefosse (98) | Sandnes | 10.01.2015 |
| 4,93 | Anna Evensen (00) | Ulsteinvik | 07.03.2015 |
| 4,79 | Sanne Myrmel (99) | Bærum | 14.02.2015 |
|  |  |  |  |

**Lengde uten tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *2,65 (KS)* | *Vilde Lund Bjørnsen (96)* | *Laksevåg* | *26.01.2013* |
| *2,65 (U20)* | *Vilde Lund Bjørnsen (96)* | *Laksevåg* | *26.01.2013* |
|  |  |  |  |
| 2,33 | Sanne Myrmel (99) | Garnes | 20.02.2015 |
|  |  |  |  |

**Tresteg**

|  |  |  |  |
| --- | --- | --- | --- |
| *12,78 (KS)* | *Monika Benserud (96)* | *Leikvang* | *18.01. 2014* |
| *12,78 (KS)* | *Monika Benserud (96)* | *Leikvang* | *18.01. 2014* |
|  |  |  |  |
| 12,56 | Monika Benserud (96) | Ulsteinvik | 06.03.2015 |
|  |  |  |  |

**Tresteg uten tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *7,49 (KS)* | *Monika Benserud (96)* | *Leikvang* | *24.11. 2013* |
| *7,49 (U20)* | *Monika Benserud (96)* | *Leikvang* | *24.11. 2013* |
|  |  |  |  |
| 6,82 | Sanne Myrmel (99) | Leikvang | 30.11.2014 |
|  |  |  |  |

**4 x 200m stafett**

|  |  |  |  |
| --- | --- | --- | --- |
| *1:47,13 (KS)* | *Maren Haugen Lillefosse (98)-Renate Lie (98)-Monika Benserud(96)-Elina Drivenes(97)* | *Steinkjer* | *10.03. 2013* |
| *1:47,13 (U20)* | *Maren Haugen Lillefosse (98)-Renate Lie (98)-Monika Benserud(96)-Elina Drivenes(97)* | *Steinkjer* | *10.03. 2013* |
|  |  |  |  |
| 1:52,38 | Anna Evensen (00) – Sanne Myrmel (99) – Renate Lie (98) – Malin Marie Rosvoll Olsen (99) | Ulsteinvik | 08.03. 2015 |
|  |  |  |  |

**Menn**

**60 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *6,85 (MS)* | *Amund Høie Sjursen (96)* | *Leikvang* | *25.01. 2015* |
| *6,85 (U20)* | *Amund Høie Sjursen (96)* | *Leikvang* | *25.01. 2015* |
|  |  |  |  |
| 6,85 | Amund Høie Sjursen (96) | Leikvang | 25.01.2015 |
| 7,29 | Kristoffer Blücher (99) | Ulsteinvik | 07.03.2015 |
| 7,59 | Gjert Høie Sjursen (00) | Ulsteinvik | 07.03.2015 |
| 7,60 | Anders Bjørndal (95) | Leikvang | 28.12.2014 |
| 7,61 | Jakob Jamt Ånonli (99) | Leikvang | 31.01.2015 |
| 7,69 | Magnus Leikvoll (96) | Leikvang | 01.02.2015 |
| 7,69 | Henrik Almenningen (97) | Leikvang | 01.02.2015 |
| 7,73 | Sondre Rinde (98) | Leikvang | 28.12.2014 |
| 8,10 | Andreas Brage Olsen (98) | Leikvang | 01.02.2015 |
| 8,54 | Torbjørn Knag (00) | Leikvang | 31.01.2015 |
|  |  |  |  |

**150 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *17,93 (MS)* | *Emil Engelsen Holm (97)* | *Leikvang* | *27.01. 2013* |
| *17,93 (U20)* | *Emil Engelsen Holm (97)* | *Leikvang* | *27.01. 2013* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**200 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *21,91 (MS)* | *Amund Høie Sjursen (96)* | *Leikvang* | *31.01. 2015* |
| *21,91 (U20)* | *Amund Høie Sjursen (96)* | *Leikvang* | *31.01. 2015* |
|  |  |  |  |
| 21,91 | Amund Høie Sjursen (96) | Leikvang | 31.01.2015 |
| 23,23 | Kristoffer Blücher (99) | Ulsteinvik | 08.03.2015 |
| 24,26 | Henrik Almenningen (97) | Leikvang | 28.12.2014 |
| 24,33 | Jakob Jamt Ånonli (99) | Leikvang | 31.01.2015 |
| 24,40 | Gjert Høie Sjursen (00) | Ulsteinvik | 08.03.2015 |
| 24,86 | Sondre Rinde (98) | Ulsteinvik | 08.03.2015 |
| 28,76 | Torbjørn Knag (00) | Leikvang | 31.01.2015 |
|  |  |  |  |

**400m**

|  |  |  |  |
| --- | --- | --- | --- |
| *50,80 (MS)* | *Morten Benserud (85)* | *Stange* | *14.02.2004* |
| *50,80 (U20)* | *Morten Benserud (85)* | *Stange* | *14.02.2004* |
|  |  |  |  |
| 51,98 | Anders Bjørndal (95) | Steinkjer | 07.02.2015 |
| 52,07 | Kristoffer Blücher (99) | Leikvang | 25.01.2015 |
| 57,60 | Sondre Rinde (98) | Leikvang | 25.01.2015 |
|  |  |  |  |

**600 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *1:24,05 (MS)* | *Henrik Irgens Gravdal (98)* | *Leikvang* | *01.02. 2015* |
| *1:24,05 (U20)* | *Henrik Irgens Gravdal (98)* | *Leikvang* | *01.02. 2015* |
|  |  |  |  |
| 1:24,05 | Henrik Irgens Gravdal (98) | Leikvang | 01.02.2015 |
| 1:24,49 | Anders Bjørndal (95) | Leikvang | 01.02.2015 |
| 1:24,92 | Kristoffer Blücher (99) | Leikvang | 01.02.2015 |
| 1:28,42 | Vegard Albrigtsen (98) | Leikvang | 01.02.2015 |
| 1:48,89 | Torbjørn Knag (00) | Leikvang | 31.01.2015 |
|  |  |  |  |

**800m**

|  |  |  |  |
| --- | --- | --- | --- |
| *1:56,54 (MS)* | *Øyvind Liland (60)* | *Drammen* | *05.03. 1983* |
| *1:57,78 (U20)* | *Anders Bjørndal (95)* | *Steinkjer* | *08.02. 2015* |
|  |  |  |  |
| 1:57,78 | Anders Bjørndal (95) | Steinkjer | 08.02.2015 |
| 1:58,59 | Henrik Irgens Gravdal (98) | Ulsteinvik | 07.03.2015 |
| 1:59,45 | Vegard Albrigtsen (98) | Ulsteinvik | 07.03.2015 |
| 2:00,63 | Kristoffer Blücher (99) | Ulsteinvik | 07.03.2015 |
| 2:01,08 | Stian Øvergaard Aarvik (97) | Ulsteinvik | 07.03.2015 |
| 2:02,42 | Jens Larsen Åstveit (97) | Leikvang | 24.01.2015 |
| 2:07,45 | Stian Norheim (96) | Ulsteinvik | 07.03.2015 |
| 2:11,15 | Thomas Blücher (00) | Ulsteinvik | 07.03.2015 |
| 2:11,32 | Steffen Algrøy Boga (95) | Leikvang | 28.12.2014 |
|  |  |  |  |

**1500m**

|  |  |  |  |
| --- | --- | --- | --- |
| *4:03,42 (MS)* | *Stian Øvergaard Aarvik (97)* | *Ulsteinvik* | *08.03. 2015* |
| *4:03,42 (U20)* | *Stian Øvergaard Aarvik (97)* | *Ulsteinvik* | *08.03. 2015* |
|  |  |  |  |
| 4:03,42 | Stian Øvergaard Aarvik (97) | Ulsteinvik | 08.03.2015 |
| 4:05,37 | Espen Roll Karlsen (91) | Leikvang | 31.01.2015 |
| 4:06,03 | Henrik Irgens Gravdal (98) | Leikvang | 31.01.2015 |
| 4:06,68 | Jens Larsen Åstveit (97) | Leikvang | 31.01.2015 |
| 4:12,1 | Andreas Iden (95) | Bærum | 11.01.2015 |
| 4:14,15 | Anders Bjørndal (95) | Leikvang | 31.01.2015 |
| 4:18,01 | Ole Martin Røssland (95) | Leikvang | 31.01.2015 |
| 4:20,22 | Stian Norheim (96) | Leikvang | 31.01.2015 |
| 4:21,45 | Halldor Espe (96) | Leikvang | 31.01.2015 |
| 4:22,68 | Vegard Albrigtsen (98) | Leikvang | 31.01.2015 |
| 4:41,42 | Thomas Blücher (00) | Ulsteinvik | 08.03.2015 |
| 4:43,66 | Andreas Jensen (98) | Leikvang | 31.01.2015 |
|  |  |  |  |

**3000 meter**

|  |  |  |  |
| --- | --- | --- | --- |
| *8:42,08 (MS)* | *Stian Øvergaard Aarvik (97)* | *Leikvang* | *19.01. 2014* |
| *8:42,08 (U20)* | *Stian Øvergaard Aarvik (97)* | *Leikvang* | *19.01. 2014* |
|  |  |  |  |
| 8:46,86 | Stian Øvergaard Aarvik (97) | Leikvang | 25.01.2015 |
| 8:55,70 | Espen Roll Karlsen (91) | Steinkjer | 08.02.2015 |
| 9:00,08 | Henrik Irgens Gravdal (98) | Leikvang | 25.01.2015 |
| 9:03,65 | Jens Larsen Åstveit (97) | Leikvang | 25.01.2015 |
| 9.15,23 | Ole Martin Røssland (95) | Leikvang | 25.01.2015 |
| 9:15,73 | Stian Norheim (96) | Leikvang | 25.01.2015 |
| 9:57,00 | Andreas Jensen (98) | Leikvang | 25.01.2015 |
|  |  |  |  |

**60 meter hekk, 100 cm**

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| --- | --- | --- | --- |
| *8,80 (U20)* | *Morten Benserud (85)* | *Fana* | *28.01. 2003* |
|  |  |  |  |
| 11,96 | Sondre Rinde (98) | Leikvang | 01.02. 2015 |
|  |  |  |  |

**Høgde**

|  |  |  |  |
| --- | --- | --- | --- |
| *2,14 (MS)* | *Roar Haugland (64)* | *Oslo/Ek* | *03.02.1985* |
| *1,98 (U20)* | *Amund Høie Sjursen (96)* | *Bærum* | *08.03.2014* |
|  |  |  |  |
| 1,95 | Amund Høie Sjursen (96) | Leikvang | 01.02.2015 |
| 1,80 | Magnus Leikvoll (96) | Leikvang | 24.01.2015 |
| 1,55 | Andreas Brage Olsen (98) | Leikvang | 01.02.2015 |
|  |  |  |  |

**Høgde utan tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *1,45 (MS)* | *Emil Engelsen Holm (97)* | *Laksevåg* | *26.01. 2013* |
| *1,45 (U20)* | *Emil Engelsen Holm (97)* | *Laksevåg* | *26.01. 2013* |
|  |  |  |  |
| 1,30 | Håvard Våge Opheim (96) | Ytrebygda | 13.03.2015 |
| 1,25 | Gjert Høie Sjursen (00) | Ytrebygda | 13.03.2015 |
| 1,25 | Magnus Leikvoll (96) | Ytrebygda | 13.03.2015 |
| 1,15 | Jakob Jamt Ånonli (99) | Ytrebygda | 13.03.2015 |
| 1,00 | Torbjørn Knag (00) | Ytrebygda | 13.03.2015 |
|  |  |  |  |

**Stav**

|  |  |  |  |
| --- | --- | --- | --- |
| *3,90 (MS)* | *Kristian Haga (72)* | *Askim* | *11.02.1989* |
| *3,90 (U20)* | *Kristian Haga (72)* | *Askim* | *11.02.1989* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Lengde**

|  |  |  |  |
| --- | --- | --- | --- |
| *7,46 (MS)* | *Amund Høie Sjursen (96)* | *Bærum* | *09.03. 2014* |
| *7,46 (U20)* | *Amund Høie Sjursen (96)* | *Bærum* | *09.03. 2014* |
|  |  |  |  |
| 7,41 | Amund Høie Sjursen (96) | Leikvang | 31.01.2015 |
| 6,28 | Henrik Almenningen (97) | Ulsteinvik | 08.03.2015 |
| 6,09 | Gjert Høie Sjursen (00) | Ulsteinvik | 07.03.2015 |
| 5,92 | Jakob Jamt Ånonli (99) | Ulsteinvik | 07.03.2015 |
| 5,78 | Sondre Rinde (98) | Leikvang | 31.01.2015 |
|  |  |  |  |

**Lengde utan tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *3,02 (MS)* | *Ole Kristian S. Førsund (89)* | *Laksevåg* | *13.01.2007* |
| *3,02 (U20)* | *Ole Kristian S. Førsund (89)* | *Laksevåg* | *13.01.2007* |
|  |  |  |  |
| 2,78 | Kristoffer Blücher (99) | Ytrebygda | 13.03.2015 |
| 2,76 | Jakob Jamt Ånonli (99) | Ytrebygda | 13.03.2015 |
| 2,66 | Håvard Våge Opheim (96) | Ytrebygda | 13.03.2015 |
| 2,63 | Magnus Leikvoll (96) | Ytrebygda | 13.03.2015 |
| 2,50 | Gjert Høie Sjursen (00) | Ytrebygda | 13.03.2015 |
| 2,32 | Torbjørn Knag (00) | Ytrebygda | 13.03.2015 |
|  |  |  |  |

**Tresteg**

|  |  |  |  |
| --- | --- | --- | --- |
| *13,86 (MS)* | *Tommy Damm (72)* | *Askim* | *11.02.1989* |
| *13,86 (U20)* | *Tommy Damm (72)* | *Askim* | *11.02.1989* |
|  |  |  |  |
| 13,00 | Henrik Almenningen (97) | Ulsteinvik | 06.03.2015 |
| 12,60 | Sondre Rinde (98) | Ulsteinvik | 06.03.2015 |
|  |  |  |  |

**Kule, 6kg**

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| --- | --- | --- | --- |
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**Tresteg utan tilløp**

|  |  |  |  |
| --- | --- | --- | --- |
| *7,65 (MS)* | *Magnus Leikvoll (96)* | *Leikvang* | *24.11. 2013* |
| *7,65 (U20)* | *Magnus Leikvoll (96)* | *Leikvang* | *24.11. 2013* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**4 x 200m stafett**

|  |  |  |  |
| --- | --- | --- | --- |
| *1:36,29 (MS)* | *Jakob Jamt Ånonli (99) – Gjert Høie Sjursen (00) – Kristoffer Blücher (99) – Henrik Irgens Gravdal (98)* | *Ulsteinvik* | *08.03. 2015* |
| *1:36,29 (MS)* | *Jakob Jamt Ånonli (99) – Gjert Høie Sjursen (00) – Kristoffer Blücher (99) – Henrik Irgens Gravdal (98)* | *Ulsteinvik* | *08.03. 2015* |
|  |  |  |  |
| 1:36,29 | Jakob Jamt Ånonli (99) – Gjert Høie Sjursen (00) – Kristoffer Blücher (99) – Henrik Irgens Gravdal (98) | Ulsteinvik | 08.03.2015 |
|  |  |  |  |