

Norge / Norway: 2006 - Innendørs / Indoor**Kvinner / Women 55-59 år / years**

pr. 30.06.2006 (oppdatert / updated 07.01.2010)

g - Grop / Pit (for hopp u.t. / Standing Jump Events)

u - Utendørs / Outdoor (for hopp u.t. / Standing Jump Events)

60m (K55-59)

9.88	(1)	Grete Rivenes, Gjøvik FIK	(48)	Stange	02.04.2006
10.59	(2)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Stange	02.04.2006

Manuelle tider / Handtiming:

10.5	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	14.01.2006
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200m (K55-59)

36.66	(3)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Malmö, SWE	04.03.2006
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60m hekk / hurdles 76.2 cm (K55-59)

11.13	(4)	Grete Rivenes, Gjøvik FIK	(48)	Linz, AUT	15-20.03.2006
13.49	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Malmö, SWE	05.03.2006

Manuelle tider / Handtiming:

10.8	(1)	Grete Rivenes, Gjøvik FIK	(48)	Stange	01.04.2006
13.2	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	14.01.2006

Høyde / High Jump (K55-59)

1.10	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	14.01.2006
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Høyde u.t. / Standing High Jump (K55-59)

1.06	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Stange	01.04.2006
0.80	(1)	Randi Kleppe, Osterøy IL	(49)	Hatland	15.01.2006

Lengde / Long Jump (K55-59)

3.39	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Stange	01.04.2006
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Lav grop / Low pit:

3.44	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	14.01.2006
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Lengde u.t. / Standing Long Jump (K55-59)

2.05	(1)	Grete Rivenes, Gjøvik FIK	(48)	Stange	01.04.2006
1.87	(1)	Randi Kleppe, Osterøy IL	(49)	Hatland	15.01.2006
1.86	(2)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Stange	01.04.2006
1.73	(1)	Inger Elisabeth Holter Holmgrunn, Oslo Politis IL	(49)	Oslo	25.01.2006

Tresteg / Triple Jump (K55-59)

7.54	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Stange	02.04.2006
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Tresteg u.t. / Standing Triple Jump (K55-59)

5.24	(1)	Randi Kleppe, Osterøy IL	(49)	Valestrandfossen	28.12.2005
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Kule / Shot Put 3.0 kg (K55-59)

10.85	(1)	Inger Elisabeth Holter Holmgrunn, Oslo Politis IL	(49)	Malmö, SWE	03.03.2006
9.67	(8)	Grete Rivenes, Gjøvik FIK	(48)	Linz, AUT	15-20.03.2006
6.24	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	14.01.2006