

**Norge / Norway: 2007 - Innendørs / Indoor****Kvinner / Women 55-59 år / years**

pr. 30.06.2007 (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)**

10.20	(1)	Randi Før, Vestre Slidre IL	(48)	Oslo/Ek	25.02.2007
10.82	(2)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Oslo/Ek	25.02.2007

## Manuelle tider / Handtiming:

10.5	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	03.03.2007
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**200m (K55-59)**

37.70	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Oslo/Ek	24.02.2007
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**60m hekk / hurdles 76.2 cm (K55-59)**

13.16	(5)h1	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Helsinki, FIN	25.03.2007
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**Høyde / High Jump (K55-59)**

1.30	(1)	Randi Før, Vestre Slidre IL	(48)	Oslo/Ek	25.02.2007
1.15	(7)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Helsinki, FIN	24.03.2007

**Høyde u.t. / Standing High Jump (K55-59)**

1.00	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Oslo/Ek	24.02.2007
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**Lengde / Long Jump (K55-59)**

3.40	(4)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Helsinki, FIN	23.03.2007
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**Lengde u.t. / Standing Long Jump (K55-59)**

1.81	(1)	Randi Kleppe, Osterøy IL	(49)	Laksevåg	13.01.2007
1.80	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Oslo/Ek	24.02.2007

**Tresteg / Triple Jump (K55-59)**

7.39	(5)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Helsinki, FIN	25.03.2007
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**Tresteg u.t. / Standing Triple Jump (K55-59)**

5.15	(1)	Randi Kleppe, Osterøy IL	(49)	Valestrandfossen	12.03.2007
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**Kule / Shot Put 3.0 kg (K55-59)**

10.02	(1)	Inger Elisabeth Holter Holmgrunn, Oslo Politis IL	(49)	Oslo/Ek	25.02.2007
7.80	(2)	Randi Før, Vestre Slidre IL	(48)	Oslo/Ek	25.02.2007
6.75	(1)	Ellen Merethe Dunseth, Kvinesdal IL	(51)	Lyngdal	03.03.2007