FRAMERUNNING RESULTATER OG PB.

LaSt - Landsstevne FR Steinkjer  
SteLe-Steinkjerlekene  
CPIS = CPISRA Danmark, København  
BDO = BDO Stjørdal

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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Julie Saursaunet |  |  | 13.03  NM 15/8-20 | (19.81(+2.5)  La.St  22/8-19)  20.19 Danmark  2019 | 39.67  CPIS 13/7-19 | 88.54  CPIS  12/7-19 | 3.26.52  BDO  1/6-19 | 6.47.52  LaSt  14/8-21 |  |
|  |  |  |  | 20.79  Coventry  15/4-23 |  | 1.33.58  Coventry  16/4-23 |  |  |  |
|  |  |  |  | 19.87  Hamar 20/5-23  19.77  7/6-23 København |  |  |  | 6.46.84  BDO  3/6-23 |  |
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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Odd Markus  Lûtken |  |  | 10.15  2019 | 18.54 CPIS 11/7-19 | 36.10  SteLe  8/6-19 | 77.36  CPIS  12/7-19 | 2.39.35 BDO  1/6-19 | 5.15.95  SteLe  8/6-19 | 18.35.58  CPIS  13/7-19 |
|  |  |  |  | 20.82  Coventry  15/4-23 |  | 86.80  Coventry  16/4-23 |  | 5.19.80  Køb  2022 |  |
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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Marie Aune Bardal |  | 22.15  Køb  12/7-14 | 26.25  Køb  16/7-16 | 29.90  SteLe 20/5-22 | 66.48  LaSte  22/8-19 | 2.11.69  Kø?  18/2-19 | 4.34.34  12/7-18  Køb | 9.13.01  LaSTe  22/8-19 | 37.13-91  LaSte  14/8-21 |
|  |  |  | 19.03  SteLe  20/5-22 |  |  |  |  |  |  |
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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Kaja Jonassen |  |  | 13.10  Køb  2022 | 19.32  Køb  2022 | 41.37  Køb  2022 |  |  | 6.43.05  BDO  3/6-23 |  |
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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Linn Beate Kippe |  |  | 17.47  2019 |  |  |  |  | 9.02.59  2022 |  |
|  |  |  |  | 27.43  BDO  3/6-23 |  |  |  | 9.15.18  BDO  2023 |  |
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|  | Født | 40m | 60m | 100m | 200m | 400m | 800m | 1500m | 5000 |
| Guri Rygg |  |  |  | 27.62  SteLe  27/5-23 |  |  |  |  |  |
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