

**Norge / Norway: 2004 - Innendørs / Indoor****Kvinner / Women 40-44 år / years**

pr. 30.06.2004 (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 (K40-44)**

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 8.93 | (2) | Valdis Halgrimsdóttir, GTI          | (62) | Drammen | 20.03.2004 |
| 9.19 | (4) | Angunn Øvrebø, GTI                  | (62) | Drammen | 20.03.2004 |
| 9.26 | (5) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 20.03.2004 |

**100m (K40-44)**

|       |     |                                     |      |         |            |
|-------|-----|-------------------------------------|------|---------|------------|
| 14.48 | (2) | Valdis Halgrimsdóttir, GTI          | (62) | Drammen | 21.03.2004 |
| 15.07 | (4) | Angunn Øvrebø, GTI                  | (62) | Drammen | 21.03.2004 |
| 15.21 | (5) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 21.03.2004 |

**400m (K40-44)**

|       |     |                            |      |         |            |
|-------|-----|----------------------------|------|---------|------------|
| 65.71 | (2) | Valdis Halgrimsdóttir, GTI | (62) | Drammen | 21.03.2004 |
| 67.99 | (3) | Angunn Øvrebø, GTI         | (62) | Drammen | 21.03.2004 |

**600m (K40-44)**

|         |     |                                     |      |        |            |
|---------|-----|-------------------------------------|------|--------|------------|
| 1:50.93 | (2) | Hilde Vintervoll Gjessing, SK Vidar | (63) | Stange | 13.03.2004 |
|---------|-----|-------------------------------------|------|--------|------------|

**800m (K40-44)**

|         |     |                        |      |         |            |
|---------|-----|------------------------|------|---------|------------|
| 2:40.53 | (2) | Angunn Øvrebø, GTI     | (62) | Drammen | 20.03.2004 |
| 2:44.56 | (3) | Eldrid Langesæter, GTI | (61) | Drammen | 20.03.2004 |

**1500m (K40-44)**

|         |     |                                     |      |         |            |
|---------|-----|-------------------------------------|------|---------|------------|
| 5:08.99 | (2) | Hilde Vintervoll Gjessing, SK Vidar | (63) | Stange  | 27.03.2004 |
| 5:35.78 | (4) | Eldrid Langesæter, GTI              | (61) | Drammen | 21.03.2004 |

Utenlandsk statsborger / Foreign citizen:

|         |     |                                       |      |         |            |
|---------|-----|---------------------------------------|------|---------|------------|
| 5:01.59 | (1) | Sharon Lynn Broadwell, Royal SK (USA) | (61) | Drammen | 21.03.2004 |
|---------|-----|---------------------------------------|------|---------|------------|

**3000m (K40-44)**

|          |     |                                     |      |         |            |
|----------|-----|-------------------------------------|------|---------|------------|
| 11:12.51 | (2) | Hilde Vintervoll Gjessing, SK Vidar | (63) | Drammen | 20.03.2004 |
|----------|-----|-------------------------------------|------|---------|------------|

Utenlandsk statsborger / Foreign citizen:

|          |     |                                       |      |         |            |
|----------|-----|---------------------------------------|------|---------|------------|
| 10:38.91 | (1) | Sharon Lynn Broadwell, Royal SK (USA) | (61) | Drammen | 20.03.2004 |
|----------|-----|---------------------------------------|------|---------|------------|

**Høyde / High Jump (K40-44)**

|      |     |                                     |      |          |            |
|------|-----|-------------------------------------|------|----------|------------|
| 1.00 | (1) | Elisabeth Ingvaldsen, Laksevåg T&IL | (64) | Laksevåg | 18.01.2004 |
|------|-----|-------------------------------------|------|----------|------------|

**Høyde u.t. / Standing High Jump (K40-44)**

|      |     |  |      |           |            |
|------|-----|--|------|-----------|------------|
| 1.22 | (1) | Inger Blikra, Rana FIK                 | (61) | Mo i Rana | 15.03.2004 |
| 1.06 | (1) | May Ellen Hartting Knudsen, Asker SK   | (63) | Sandvika  | 24.03.2004 |
| 1.00 | (1) | Mette Sundal, Laksevåg T&IL            | (60) | Laksevåg  | 18.01.2004 |
| 1.00 |     | Jorunn Ellefsen, Sørild FIK            | (63) | Grimstad  | 16.02.2004 |
| 0.90 | (2) | Elisabeth Ingvaldsen, Laksevåg T&IL    | (64) | Laksevåg  | 18.01.2004 |
| 0.90 | (1) | Kate Moane Alnes, Stovnerkameratene    | (61) | Oslo      | 03.02.2004 |
| 0.86 | (3) | Mariann Onstad, Laksevåg T&IL          | (62) | Laksevåg  | 18.01.2004 |
| 0.85 | (1) | Ragnfrid Nedberge Llano, Laksevåg T&IL | (64) | Hatland   | 25.01.2004 |

**Lengde / Long Jump (K40-44)**

Lav grop / Low pit:

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 4.39 | (4) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 20.03.2004 |
|------|-----|-------------------------------------|------|---------|------------|

**Lengde u.t. / Standing Long Jump (K40-44)**

|      |      |  |      |               |            |
|------|------|--|------|---------------|------------|
| 2.66 | (1)  | Inger Blikra, Rana FIK                           | (61) | Mo i Rana     | 08.03.2004 |
| 2.19 | (1)  | Sissel Walderhaug, IL Valder                     | (62) | Valderøy      | 30.01.2004 |
| 2.17 | (1)  | Helga Marit Færø, Eikanger IL                    | (60) | Ostereidet    | 09.03.2004 |
| 2.17 | (3)  | Kate Moane Alnes, Stovnerkameratene              | (61) | Drammen       | 19.03.2004 |
| 2.15 | (1)  | Ingrid Børsheim, Fana IL                         | (61) | Fana          | 16.02.2004 |
| 2.13 | (1)  | Brita Gjerde, IL Harding                         | (61) | Sekse         | 13.11.2003 |
| 2.08 | ( )u | Irene Friestad, Søgne IL                         | (60) | Acoteias, POR | 10.04.2004 |
| 2.07 |      | Jorunn Ellefsen, Sørild FIK                      | (63) | Grimstad      | 16.02.2004 |
| 1.99 | (2)  | May Ellen Hartting Knudsen, Asker SK             | (63) | Sandvika      | 24.03.2004 |
| 1.94 | (1)  | Liv Heidi B. Settemslie, Snøgg Friidrett<br>(10) | (61) | Notodden      | 06.10.2003 |
| 1.91 | (1)  | Elisabeth Ingvaldsen, Laksevåg T&IL              | (64) | Laksevåg      | 18.01.2004 |
| 1.91 | (1)  | Inger Helen Roulund, FIK Stein                   | (60) | Hammerfest    | 20.04.2004 |
| 1.87 | (1)  | Eva Birgitta Brunvall, FIK BFG Fana              | (61) | Stavollen     | 12.01.2004 |
| 1.81 | (2)  | Mette Sundal, Laksevåg T&IL                      | (60) | Laksevåg      | 18.01.2004 |
| 1.80 | (3)  | Mariann Onstad, Laksevåg T&IL                    | (62) | Laksevåg      | 18.01.2004 |

## Utenlandsk statsborger / Foreign citizen:

|      |     |                                      |      |          |            |
|------|-----|--------------------------------------|------|----------|------------|
| 1.83 | (3) | Charlotta Legernes, IL Tyrving (SWE) | (62) | Sandvika | 24.03.2004 |
|------|-----|--------------------------------------|------|----------|------------|

**Tresteg / Triple Jump (K40-44)**

## Lav grop / Low pit:

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 8.78 | (4) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 21.03.2004 |
|------|-----|-------------------------------------|------|---------|------------|

**Tresteg u.t. / Standing Triple Jump (K40-44)**

|      |     |                             |      |          |            |
|------|-----|-----------------------------|------|----------|------------|
| 5.34 | (1) | Mette Sundal, Laksevåg T&IL | (60) | Laksevåg | 18.01.2004 |
|------|-----|-----------------------------|------|----------|------------|

**Kule / Shot Put 4.0 kg (K40-44)**

|       |     |                                      |      |           |            |
|-------|-----|--------------------------------------|------|-----------|------------|
| 10.32 | (1) | Jorunn Tangen Hole, IL ROS           | (61) | Drammen   | 21.03.2004 |
| 9.68  | (1) | Inger Blikra, Rana FIK               | (61) | Mo i Rana | 14.02.2004 |
| 7.88  | (1) | May Ellen Hartting Knudsen, Asker SK | (63) | Stange    | 13.03.2004 |
| 7.04  | (4) | Kate Moane Alnes, Stovnerkameratene  | (61) | Drammen   | 21.03.2004 |
| 6.18  | (2) | Grete N. Zachariassen, Asker SK      | (61) | Stange    | 13.03.2004 |