

Norge / Norway: 2003 - Innendørs / Indoor**Kvinner / Women 50-54 år / years**

pr. 30.06.2003 (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 (K50-54)

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|-------|-----|-------------------------------------|------|---------|------------|
| 9.01 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 23.03.2003 |
| 10.50 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 23.03.2003 |

Manuelle tider / Handtiming:

| | | | | | |
|------|-----|-------------------------------------|------|---------|------------|
| 10.1 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Lyngdal | 18.01.2003 |
|------|-----|-------------------------------------|------|---------|------------|

100m (K50-54)

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|-------|-----|-------------------------------------|------|---------|------------|
| 14.30 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 22.03.2003 |
| 16.78 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 22.03.2003 |

200m (K50-54)

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|-------|-----|-------------------------------------|------|---------|------------|
| 37.53 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 23.03.2003 |
|-------|-----|-------------------------------------|------|---------|------------|

60m hekk / hurdles 76.2 cm (K50-54)

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|-------|-----|-------------------------------------|------|---------|------------|
| 10.64 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 22.03.2003 |
| 13.63 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 22.03.2003 |

Manuelle tider / Handtiming:

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|------|-----|-------------------------------------|------|---------|------------|
| 13.0 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Lyngdal | 18.01.2003 |
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Høyde / High Jump (K50-54)

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|------|-----|-------------------------------------|------|---------|------------|
| 1.15 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Lyngdal | 18.01.2003 |
|------|-----|-------------------------------------|------|---------|------------|

Høyde u.t. / Standing High Jump (K50-54)

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|------|-----|-------------------------------------|------|----------|------------|
| 1.00 | | Marit Huflåtten, IL Flint | (53) | Slagen | 25.02.2003 |
| 1.00 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 22.03.2003 |
| 1.00 | | Margot Haave, IL Tyrving | (53) | Sandvika | 02.04.2003 |
| 0.80 | (1) | Randi Kleppe, Osterøy IL | (49) | Laksevåg | 19.01.2003 |

Lengde / Long Jump (K50-54)

Lav grop / Low pit:

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|------|-----|-------------------------------------|------|---------|------------|
| 4.50 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 22.03.2003 |
| 3.65 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 22.03.2003 |

Lengde u.t. / Standing Long Jump (K50-54)

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|------|-----|-------------------------------------|------|----------|------------|
| 2.27 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 22.03.2003 |
| 2.18 | | Margot Haave, IL Tyrving | (53) | Sandvika | 02.04.2003 |
| 2.00 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 22.03.2003 |
| 1.88 | (1) | Randi Kleppe, Osterøy IL | (49) | Hatland | 31.01.2003 |

Tresteg / Triple Jump (K50-54)

Lav grop / Low pit:

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|------|-----|-------------------------------------|------|---------|------------|
| 9.35 | (1) | Marit Huflåtten, IL Flint | (53) | Drammen | 23.03.2003 |
| 7.36 | (2) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Drammen | 23.03.2003 |

Kule / Shot Put 3.0 kg (K50-54)

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|-------|-----|---|------|---------|------------|
| 10.44 | (1) | Inger Elisabeth Holter Holmgrunn, Oslo Politis IL | (49) | Drammen | 23.03.2003 |
| 6.19 | (1) | Ellen Merethe Dunseth, Kvinesdal IL | (51) | Lyngdal | 18.01.2003 |