

**Norge / Norway: 2010 - Innendørs / Indoor****Kvinner / Women 35-39 år / years**

pr. 30.06.2010 (oppdatert / updated 25.02.2011)

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

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

**60m (K35-39)**

|      |     |                                               |      |              |            |
|------|-----|-----------------------------------------------|------|--------------|------------|
| 8.54 | (1) | Nina (Johannessen) Naalsund, Kristiansands IF | (75) | Kristiansand | 23.01.2010 |
| 9.66 | (2) | Tanja Elisabeth Surdal, Moi IL                | (71) | Kristiansand | 23.01.2010 |
| 9.91 | (3) | Heidi Kollstad, Kristiansands IF              | (75) | Kristiansand | 23.01.2010 |

**400m (K35-39)**

|       |     |                                    |      |                |            |
|-------|-----|------------------------------------|------|----------------|------------|
| 68.22 | (2) | Anne Lillegård, Ullensaker/Kisa IL | (73) | Jyväskylä, FIN | 21.03.2010 |
|-------|-----|------------------------------------|------|----------------|------------|

**800m (K35-39)**

|         |        |                                        |      |                |            |
|---------|--------|----------------------------------------|------|----------------|------------|
| 2:10.27 | (4)KSA | Lisbet Pedersen, IK Tjalve             | (75) | Linz, AUT      | 04.02.2010 |
| 2:25.11 | (5)KS  | Ellen Reiner-Vestli, IF Graabein Sætre | (72) | Gent, BEL      | 30.01.2010 |
| 2:34.8  | (2)    | Anne Lillegård, Ullensaker/Kisa IL     | (73) | Jyväskylä, FIN | 19.03.2010 |
| 3:18.49 | (1)    | Heidi Kollstad, Kristiansands IF       | (75) | Kristiansand   | 23.01.2010 |

**1500m (K35-39)**

|         |       |                                        |      |                |            |
|---------|-------|----------------------------------------|------|----------------|------------|
| 4:23.66 | (5)KS | Lisbet Pedersen, IK Tjalve             | (75) | Wien, AUT      | 02.02.2010 |
| 4:36.70 | (2)KS | Hanne Lyngstad, IK Tjalve              | (75) | Stange         | 20.02.2010 |
| 5:13.23 | (2)   | Ellen Reiner-Vestli, IF Graabein Sætre | (72) | Kamloops, CAN  | 06.03.2010 |
| 5:38.09 | (2)   | Anne Lillegård, Ullensaker/Kisa IL     | (73) | Jyväskylä, FIN | 21.03.2010 |

**3000m (K35-39)**

|         |       |                            |      |            |            |
|---------|-------|----------------------------|------|------------|------------|
| 9:56.63 | (1)KS | Lisbet Pedersen, IK Tjalve | (75) | Skive, DEN | 27.02.2010 |
|---------|-------|----------------------------|------|------------|------------|

**60m hekk / hurdles 84.0 cm (K35-39)**

|      |     |                                               |      |              |            |
|------|-----|-----------------------------------------------|------|--------------|------------|
| 9.93 | (1) | Nina (Johannessen) Naalsund, Kristiansands IF | (75) | Kristiansand | 23.01.2010 |
|------|-----|-----------------------------------------------|------|--------------|------------|

**Høyde u.t. / Standing High Jump (K35-39)**

|      |       |                                      |      |              |            |
|------|-------|--------------------------------------|------|--------------|------------|
| 1.16 | (1)Mu | Helga Reigstad, Osterøy IL           | (72) | Hatland      | 03.10.2009 |
| 1.05 | (1)   | Tanja Elisabeth Surdal, Moi IL       | (71) | Kristiansand | 24.01.2010 |
| 0.86 | (9)Mu | Solveig Simmenes Fotland, Osterøy IL | (74) | Hatland      | 03.10.2009 |

Alternativt resultat / Alternative result:

|      |     |                            |      |         |            |
|------|-----|----------------------------|------|---------|------------|
| 1.16 | (1) | Helga Reigstad, Osterøy IL | (72) | Hatland | 16.01.2010 |
|------|-----|----------------------------|------|---------|------------|

**Lengde / Long Jump (K35-39)**

|      |     |                                |      |              |            |
|------|-----|--------------------------------|------|--------------|------------|
| 3.50 | (1) | Tanja Elisabeth Surdal, Moi IL | (71) | Kristiansand | 23.01.2010 |
|------|-----|--------------------------------|------|--------------|------------|

**Lengde u.t. / Standing Long Jump (K35-39)**

|      |       |                                            |      |              |            |
|------|-------|--------------------------------------------|------|--------------|------------|
| 2.27 | (1)Mu | Helga Reigstad, Osterøy IL                 | (72) | Hatland      | 02.10.2009 |
| 2.22 | (1)   | Tanja Elisabeth Surdal, Moi IL             | (71) | Kristiansand | 24.01.2010 |
| 2.18 | (1)   | Merete Fosslund, Overhalla IL              | (71) | Namsos       | 20.03.2010 |
| 2.17 | (1)   | Hege Kristin Brekke, FIL AKS-77            | (72) | Knarvik      | 19.01.2010 |
| 2.15 | (1)   | Gry Helen Askeland, Mjøsdalen IL           | (73) | Tysse        | 02.02.2010 |
| 2.07 | (1)   | Bente Kristoffersen, IL Harding            | (73) | Kinsarvik    | 19.01.2010 |
| 2.05 | (8)Mu | Solveig Simmenes Fotland, Osterøy IL       | (74) | Hatland      | 02.10.2009 |
| 1.96 | (1)   | Kathy Merethe Frøskeland, Åmøy & Grønøy IL | (72) | Åmnes        | 10.01.2010 |
| 1.95 | (2)   | Elfrid Haara Leikvoll, IL Harding          | (71) | Kinsarvik    | 19.01.2010 |
| 1.90 | (2)   | Karianne Sætherskar, Åmøy & Grønøy IL      | (71) | Åmnes        | 10.01.2010 |
|      | (10)  |                                            |      |              |            |
| 1.85 | (1)   | Bente Pedersen, Jælgervatnet IL            | (71) | Sør-Lenangen | 14.01.2010 |
| 1.85 | (1)   | Anniken Hastadklev, Hegra IL               | (75) | Hegra        | 11.02.2010 |

Alternativt resultat / Alternative result:

|      |     |                            |      |         |            |
|------|-----|----------------------------|------|---------|------------|
| 2.21 | (1) | Helga Reigstad, Osterøy IL | (72) | Hatland | 27.02.2010 |
|------|-----|----------------------------|------|---------|------------|

**Tresteg / Triple Jump (K35-39)**

|       |     |                                               |      |              |            |
|-------|-----|-----------------------------------------------|------|--------------|------------|
| 11.22 | (1) | Nina (Johannessen) Naalsund, Kristiansands IF | (75) | Kristiansand | 23.01.2010 |
|-------|-----|-----------------------------------------------|------|--------------|------------|

**Tresteg u.t. / Standing Triple Jump (K35-39)**

|      |       |                                      |      |                   |            |
|------|-------|--------------------------------------|------|-------------------|------------|
| 6.17 | (1)KS | Helga Reigstad, Osterøy IL           | (72) | Valestrandsfossen | 28.12.2009 |
| 6.08 | (1)   | Tanja Elisabeth Surdal, Moi IL       | (71) | Moi               | 10.03.2010 |
| 5.65 | (7)Mu | Solveig Simmenes Fotland, Osterøy IL | (74) | Hatland           | 03.10.2009 |

**Kule / Shot Put 4.0 kg (K35-39)**

|      |     |                                |      |              |            |
|------|-----|--------------------------------|------|--------------|------------|
| 7.62 | (1) | Tanja Elisabeth Surdal, Moi IL | (71) | Kristiansand | 23.01.2010 |
|------|-----|--------------------------------|------|--------------|------------|

**Vekt / Weight Throw 9.08 kg (K35-39)**

Utendørs, ikke en permanent eller godkjent arena / Outdoor, irregular conditions, not a permanent facility:

|      |     |                                |      |              |            |
|------|-----|--------------------------------|------|--------------|------------|
| 7.39 | (1) | Tanja Elisabeth Surdal, Moi IL | (71) | Kristiansand | 24.01.2010 |
|------|-----|--------------------------------|------|--------------|------------|

**4x200m stafett / Relay (K35-39)**

|         |     |                                                                                     |                |            |
|---------|-----|-------------------------------------------------------------------------------------|----------------|------------|
| 2:22.80 | (2) | Norge / National Team                                                               | Jyväskylä, FIN | 20.03.2010 |
|         |     | (Anne Lillegård(73)-Sofie A. Jakobsen(43)-Marian Stenbakk(44)-Kate Moane Alnes(61)) |                |            |