

**Norge / Norway: 2009 - Innendørs / Indoor****Kvinner / Women 45-49 år / years**

pr. 30.06.2009 (oppdatert / updated 02.03.2011)

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

**60m (K45-49)**

Manuelle tider / Handtiming:

|     |     |                                     |      |         |            |
|-----|-----|-------------------------------------|------|---------|------------|
| 9.3 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 08.03.2009 |
|-----|-----|-------------------------------------|------|---------|------------|

**100m (K45-49)**

Manuelle tider / Handtiming:

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 15.3 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 07.03.2009 |
|------|-----|-------------------------------------|------|---------|------------|

**1500m (K45-49)**

|         |     |                                      |      |        |            |
|---------|-----|--------------------------------------|------|--------|------------|
| 5:00.08 | (3) | Hilde Vintervoll Gjessing, IK Tjalve | (63) | Stange | 28.02.2009 |
|---------|-----|--------------------------------------|------|--------|------------|

**3000m (K45-49)**

|          |     |                                      |      |        |            |
|----------|-----|--------------------------------------|------|--------|------------|
| 10:35.50 | (3) | Hilde Vintervoll Gjessing, IK Tjalve | (63) | Stange | 01.03.2009 |
|----------|-----|--------------------------------------|------|--------|------------|

**Høyde u.t. / Standing High Jump (K45-49)**

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 0.90 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Oslo/Ek | 11.02.2009 |
|------|-----|-------------------------------------|------|---------|------------|

**Lengde / Long Jump (K45-49)**

Lav grop / Low pit:

|      |     |                                     |      |            |            |
|------|-----|-------------------------------------|------|------------|------------|
| 4.22 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen    | 07.03.2009 |
| 4.19 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Lillestrøm | 31.01.2009 |
| 4.08 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Lillestrøm | 17.01.2009 |

**Lengde u.t. / Standing Long Jump (K45-49)**

|      |       |                                     |      |         |            |
|------|-------|-------------------------------------|------|---------|------------|
| 2.12 | (1)   | Sille Winsnes, Ås IL                | (63) | Ås      | 23.02.2009 |
| 2.10 | (1)   | Kate Moane Alnes, Stovnerkameratene | (61) | Oslo/Ek | 24.02.2009 |
| 2.02 | (2)   | Ellen Helø, Ås IL                   | (63) | Ås      | 23.02.2009 |
| 1.89 | (3)   | Vivi Kristiansen Rognerud, Ås IL    | (60) | Ås      | 23.02.2009 |
| 1.83 | (1)gu | Ina Mikalsen, Namsen FIF            | (61) | Namsos  | 08.09.2008 |
| 1.77 | (1)gu | Elise Thomassen, Porsanger IL       | (63) | Lakselv | 17.09.2008 |
| 1.66 | (1)   | Heidi Drivenes, Porsanger IL        | (62) | Lakselv | 14.11.2008 |

**Tresteg / Triple Jump (K45-49)**

Lav grop / Low pit:

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 8.25 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 08.03.2009 |
|------|-----|-------------------------------------|------|---------|------------|

**Tresteg u.t. / Standing Triple Jump (K45-49)**

|      |     |                                        |      |          |            |
|------|-----|----------------------------------------|------|----------|------------|
| 4.74 | (1) | Ragnfrid Nedberge Llano, Laksevåg T&IL | (64) | Laksevåg | 27.03.2009 |
|------|-----|----------------------------------------|------|----------|------------|

**Kule / Shot Put 4.0 kg (K45-49)**

|      |     |                                     |      |         |            |
|------|-----|-------------------------------------|------|---------|------------|
| 7.25 | (1) | Kate Moane Alnes, Stovnerkameratene | (61) | Drammen | 08.03.2009 |
| 6.32 | (3) | Tone Simensen, IL Sandvin           | (61) | Stange  | 14.03.2009 |
| 5.90 | (4) | Hendy Skoglund, IL Sandvin          | (61) | Stange  | 14.03.2009 |