**Hareid IL- friidrett, topp 10 beste gjennom tidene, anno 13.10.2021**

**TOPP TI, MENN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **40m** | | | | |
| 1. Ådne Andersen | 5.54 | G17 | Sykkylven | 190211 |
| 2. Simon Holstad Grimstad | 6.30 | G12 | Sykkylven | 190211 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **60m** | | | | |
| 1. Even Rise | 7.4 | G16 | Bryn | 080189 |
| 2. Ådne Andersen | 7.46 | G19 | Ranheim | 13 |
| 3. Kristoffer Ø. Hasfjord | 7.60\* | G16 | Sandnes | 100312 |
| **4. Peter O. P. Bitocchi** | **7.69** | G14 | Ulsteinvik | 281120 |
| 5. Audun Garshol | 7.7 | G14 | Hareid | 65 |
| 5. Bjarte Mork | 7.7 | G14 | Ålesund | 070680 |
| 7. Nils Eivind Johansen | 7.8 | G18 | Byrkjelo | 050579 |
| 8. Audun Grimstad Selvåg | 7.86 | G17 | Stange | 180306 |
| 9. Runar Heltne | 8.0 | G13 | Lillehammer | 250693 |
| 10. Håvard H. Furnes | 8.00\* | G17 | Stange | 180306 |
| **10. Sebastian Kostaris** | **8.03** | **G16** | **Ulsteinvik** | **270119** |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **100m** | | | | |
| 1. Audun Garshol | 10.4 | MJ | Bislett | 050773 |
| 2. Arill Larsen | 10.66 | MS | Straumsnes | 070894 |
| 3. Even Rise | 11.3 | G16 | Ålesund | 270589 |
| **4. Ådne Andersen** | **11.54** | **MS** | **Bergen** | **010614** |
| 5. Bjarte Mork | 11.50 | G18 | Raufoss | 240684 |
| 6. Johan E. Hareide | 11.5 | MJ | Ålesund | 119748 |
| 7. Svein Ove Fylsvik | 11.5 | MS | Hareid | 150482 |
| 8. Runar Heltne | 11.6 | G16 | Bismo | 290696 |
| 9. Steinar Grimstad | 11.6 | MJ | Hareid | 57 |
| 10. Kristoffer Ø. Hasfjord | 11.68 | G17 | Ulsteinvik | 250513 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **200m** | | | | |
| 1. Audun Garshol | 21.2 | MJ | Bislett | 270773 |
| 2. Arill Larsen | 21.40 | MS | Tønsberg | 200794 |
| 3. Bjarte Mork | 23.2 | G18 | Ålesund | 030684 |
| 4. Kristoffer Ø. Hasfjord | 23.41 | G15 | Lillehammer | 240611 |
| **5. Peter O. P. Bitocchi** | **23,43** | **G15** | **Trondheim** | **040921** |
| **6. Ådne Andersen** | **23.48** | **MS** | **Ulsteinvik** | **230514** |
| 7. Runar Heltne | 23.68 | G16 | Bislett | 050996 |
| 8. Svein Ove Fylsvik | 23.7 | MJ | Ålesund | 200681 |
| 9. Erik Michon | 23.76 | G19 | Straumsnes | 220603 |
| 10. Ottar Pilskog | 23.8 | MV35 | Ørsta | 310782 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **300m** | | | | |
| 1. Runar Heltne | 37.40\* | G15 | Ålesund | 240995 |
| 2. Even Rise | 41.60\* | G14 | Hareid | 230587 |
| 3. Ådne Andersen | 46.10\* | G16 | Ulsteinvik | 171010 |
| 4. Ottar Holstad | 47.80\* | G13 | Hareid | 230587 |
| 5. Are Pilskog | 51.30\* | G12 | Hareid | 080988 |
| 6. Rune Veiset | 51.30\* | G12 | Hareid | 230587 |
| 7. Kurt Rognsøy | 52.90\* | G11 | Hareid | 240586 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **400m** | | | | |
| 1. Arill Larsen | 49.4 | MJ | Straumsnes | 030690 |
| **2. Ådne Andersen** | **50.01** | **MS** | **Bergen** | **020614** |
| 3. Audun Garshol | 49.9 | MJ | Sandane | 0871 |
| 4. Runar Heltne | 51.28 | G15 | Lillehammer | 220695 |
| 5. Ottar Pilskog | 52.06 | MV35 | Stavanger | 290882 |
| 6. Svein Ove Fylsvik | 52.15 | MS | Ålesund | 150582 |
| 7. Robert Idar Kleppe | 52.4 | G18 | Fosnavåg | 260591 |
| 8. Asle Geir Johansen | 52.8 | MS | Ålesund | 270880 |
| 9. Even Rise | 52.93 | G16 | Sundsvall | 040689 |
| 10. Bjarte Mork | 53.00 | G14 | Ålesund | 110782 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **600m** | | | | |
| 1. Ådne Andersen | 1:24.16 | G16 | Ulsteinvik | 190910 |
| 2. Øystein Johansen | 1:26.80\* | G16 | Ålesund | 100672 |
| 3. Runar Heltne | 1:33.20\* | G14 | Larsnes | 070594 |
| **4. Kevin Olai W. Svarstad** | **1:35.46** | **G13** | **Stjørdal** | **130914** |
| 5. Ørjan Engen Grimstad | 1:35.81 | G14 | Trondheim | 040904 |
| 6. Harald H. Rise | 1:36.80\* | G15 | Hareid | 050674 |
| 7. Birger Topphol | 1:37.77 | G18 | Stange | 100207 |
| 8. Jan Kristian Korsnes | 1:38.51 | G16 | Stange | 180306 |
| 9. Odd Elvanes | 1:38.84 | MV50 | Stange | 180306 |
| **10. Peter O. P. Bitocchi** | **1:39.19** | **G14** | **Trondheim** | **050920** |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **800m** | | | | |
| 1. Ottar Pilskog | 1:53.3 | MV35 | Trondheim | 160982 |
| **2. Ådne Andersen** | **1:54.02** | **MS** | **Florø** | **070614** |
| 3. Asle Geir Johansen | 1:54.4 | MS | Byrkjelo | 240581 |
| 4. Arnfinn Oksavik | 1:55.0 | MS | Grangem | 130685 |
| 5. Robert Idar Kleppe | 1:56.00 | G18 | Lillehammer | 280691 |
| 6. Øystein Johansen | 1:56.7 | MS | Ålesund | 280580 |
| 7. Nils Eivind Johansen | 1:57.3 | G19 | Ålesund | 080680 |
| 8. Svein Ove Fylsvik | 1:57.3 | MJ | Byrkjelo | 240581 |
| 9. Kårstein Bjåstad | 1:58.0 | G13 | Ørsta | 090580 |
| 10. Ole Per Måløy | 1:58.1 | G18 | Ålesund | 280780 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1000m** | | | | |
| 1. Robert Idar Kleppe | 2:38.1 | G17 | Hareid | 070990 |
| 2. Arnfinn Oksavik | 2:39.0 | MS | Hareid | 070990 |
| 3. Runar Heltne | 2:39.72 | G15 | Ørsta | 220995 |
| 4. Øystein Johansen | 2:40.6 | MS | Hareid | 230781 |
| 5. Jan Magne Breivik | 2:47.0 | G16 | Ålesund | 240585 |
| 6. Kårstein Bjåstad | 2:48.9 | G15 | Ålesund | 190982 |
| 7. Jan Helge Djupvik | 2:49.8 | G18 | Ålesund | 160673 |
| 8. Johannes Røyset | 2:50.8 | G19 | Hareid | 030992 |
| 9. Karl H. Kalland | 2:51.0 | G18 | Ålesund | 160673 |
| 10. Odd Elvanes | 2:51.6 | G16 | Hareid | 030992 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1500m** | | | | |
| 1. Arnfinn Oksavik | 3:53.94 | MS | Edinburgh | 210685 |
| 2. Jostein Vartdal | 3:59.0 | MS | Ålesund | 080680 |
| 3. Øystein Johansen | 3:59.4 | MS | Ålesund | 160979 |
| 4. Ole Per Måløy | 3:59.6 | MS | Oslo | 100885 |
| 5. Asle Geir Johansen | 4:00.8 | MS | Ålesund | 080680 |
| 6. Reidar Eide | 4:01.63 | MS | Byrkjelo | 040782 |
| **7. Ådne Andersen** | **4:01.75** | **MS** | **Gøteborg** | **0614** |
| 8. Robert Idar Kleppe | 4:02.13 | G17 | Bislett | 150990 |
| 9. Jan Magne Breivik | 4:03.17 | G17 | Kristiansund | 080688 |
| 10. Ottar Pilskog | 4:05.1 | MS | Ålesund | 110882 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1 Engelsk mil** | | | | |
| 1. Jostein Vartdal | 4:23.1 | MJ? | Ålesund | 060980 |
| 2. Arnfinn Oksavik | 4:28.1 | MS | Ålesund | 200981 |
| 3. Kårstein Bjåstad | 4:29.1 | G17 | Ålesund | 030684 |
| 4. Ole Per Måløy | 4:33.4 | MJ? | Ålesund | 060982 |
| 5. Jan Magne Breivik | 4:34.6 | G18 | Ålesund | 200887 |
| 6. Øystein Johansen | 4:36.4 | G15 | Ålesund | 200981 |
| 7. Nils Eivind Johansen | 4:43.5 | MJ? | Ålesund | 060982 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2000m** | | | | |
| 1. Jan Kristian Korsnes | 6:18.82 | G15 | Moss | 040905 |
| 2. Johan Møgster | 6:37.90\* | G17 | Bergsøy | 110805 |
| 3. Bendik Elvanes | 6:44.09 | G15 | Kristiansand | 260907 |
| 4. Audun Grimstad Selvåg | 6:48.63 | G15 | Fagernes | 130804 |
| 5. Ådne Andersen | 9:04.60\*? | G16 | Ulsteinvik | 161010 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m** | | | | |
| 1. Kåre Oksavik | 8:32.9 | MS | Ørsta | 100785 |
| 2. Ole Per Måløy | 8:36.7 | MS | Ørsta | 100785 |
| 3. Øystein Johansen | 8:39.3 | MS | Ålesund | 101079 |
| 4. Jostein Vartdal | 8:40.8 | MS | Ålesund | 100980 |
| 5. Robert Idar Kleppe | 8:52.51 | G16 | Fana | 260889 |
| 6. Jan Magne Breivik | 8:53.4 | G19 | Ørsta | 120588 |
| 7. Malvin Steen | 8:56.6 | G13 | Tresfjord | 310673 |
| 8. Per Eilert Orten | 9:00.07 | G19 | Bislett | 130983 |
| 9. Reidar Eide | 9:00.7 | MS | Ørsta | 010881 |
| 10. Dagfinn Bugge | 9:06.3 | MS | Bislett | 110681 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5000m** | | | | |
| 1. Jostein Vartdal | 15:20.8 | MS | Ålesund | 300979 |
| 2. Robert Idar Kleppe | 15:23.7 | G17 | Molde | 120890 |
| 3. Ole Per Måløy | 15:24.9 | MS | Voss | 140785 |
| 4. Jan Magne Breivik | 15:34.5 | M19 | Straumsnes | 170988 |
| 5. Arnfinn Oksavik | 15:35.0 | MS | Molde | 120890 |
| 6. Malvin Stein | 15:36.2 | G13 | Tresfjord | 010773 |
| 7. Oddbjørn Skogen | 15:38.0 | MS | Fosnavåg | 250891 |
| 8. Reidar Eide | 15:39.89 | MS | Byrkjelo | 030782 |
| 9. Per Eilert Orten | 15:47.2 | MS | Ålesund | 240880 |
| 10. Kåre Oksavik | 16:06.6 | MV45 | Kåre Oksavik | 220574 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **10000m** | | | | |
| 1. Jostein Vartdal | 31:50.3 | MS | Ålesund | 090780 |
| 2. Jan Magne Breivik | 33:09.0 | G19 | Surnadal | 130888 |
| 3. Kåre Oksavik | 33:17.8 | MV40 | Ørsta | 050972 |
| 4. Per Eilert Orten | 33:18.7 | MS | Bislett | 020783 |
| 5. Malvin Stein | 33:23.2 | G13 | Ørsta | 290873 |
| 6. Øystein Johansen | 33:42.5 | MS | Ørsta | 120679 |
| 7. Odd Elvanes | 34:54.0 | MV35 | Molde | 100891 |
| 8. Bjørn Harkjerr | 35:44.8 | MS | Ålesund | 101068 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **110m hekk** | | | | |
| 1. Karl H. Kalland | 21.6 | G18 | Hareid | 270773 |
| 2. Olav Sindre Rise | 21.6\* | G19 | Hareid | 270773 |

\* Dømd bak.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **400m hekk** | | | | |
| 1. Erik Michon | 56.56? | G19 | Straumsnes | 220603 |
| 2. Jan Magne Breivik | 1:01.05 | MS | Ålesund | 130692 |
| 3. Øystein Johansen | 1:03.0 | G17 | Ålesund | 120973 |
| 4. Olav Sindre Rise | 1:03.8 | G19 | Ålesund | 120973 |
| 5. Ørjan Engen Grimstad | 1:06.72 | G15 | Ørsta | 280805 |
| 6. Karl H. Kalland | 1:08.0 | G18 | Hareid | 270773 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m hinder** | | | | |
| 1. Jostein Vartdal | 9:22.23 | MS | Ålesund | 130981 |
| 2. Øystein Johansen | 9:33.3 | MS | Ålesund | 031079 |
| 3. Jan Magne Breivik | 9:41.0 | G19 | Ålesund | 160879 |
| 4. Eimund Aamot | 10:06.4 | MS | Hareid | 050882 |
| **5. Ådne Andersen** | **10:11.43** | **MJ** | **Byrkjelo** | **160815** |
| 6. Kåre Oksavik | 10:35.0 | MV45 | Gøteborg | 110877 |
| 7. Odd Elvanes | 10:58.97 | MV45 | Stjørdal | 020803 |
| 8. Johan Møgster | ?\* | G17 | Ørsta | 280805 |

\* Tid manglar frå ein eldre statistikk.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Høgde** | | | | |
| 1. Erik Michon | 1.95 | G19 | Straumsnes | 210603 |
| 2. Arill Larsen | 1.93 | MJ | Molde | 220892 |
| 3. Audun Garshol | 1.81 | G18 | Ørsta | 010169 |
| 4. Kristoffer Ø. Hasfjord | 1.80 | G15 | Ulsteinvik | 220511 |
| 5. Runar Heltne | 1.69 | G16 | Bislett | 050996 |
| 6. Ørjan Engen Grimstad | 1.65 | G15 | Ørsta | 280805 |
| 7. Kennet Bergesen | 1.65 | MS | Elnesvågen | 220804 |
| 8. Anders Mork | 1.63 | G15 | Hareid | 180976 |
| **9. Kevin Olai W. Svarstad** | **1.61** | **G13** | **Stjørdal** | **130914** |
| 10. Johan E. Hareide | 1.60 | MS | Ulsteinvik | 220749 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Høgde utan tilløp** | | | | |
| 1. Øystein Hareide | 1.45 | G18 | Valderøy | 040379 |
| 2. Ådne Andersen | 1.20 | G16 | Ulsteinvik | 161010 |
| 3. Johnny Holstad | 1.05 | G14 | Hareid | 140280 |
| 4. Simon Holstad Grimstad | 1.04 | G12 | Sykkylven | 190211 |
| **5. Karsten L. V. Hodge** | **0.90** | **G11** | **Ulsteinvik** | **270119** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lengde** | | | | |
| 1. Audun Garshol | 7.02 | MJ | Sandane | 150873 |
| 2. Arill Larsen | 6.88 | MS | Oppdal | 97 |
| 3. Kjartan Grimstad | 6.35 | MS | Ålesund | 110959 |
| 4. Runar Heltne | 6.32 | G16 | Bismo | 290696 |
| 5. Steinar Grimstad | 6.30 | MJ | Ålesund | 57 |
| 6. Bjarte Mork | 6.21 | G18 | Ålesund | 020684 |
| 7. Leiv Arne Grimstad | 6.11 | MS | Hareid | 220680 |
| 8. Johs. G. Hareide | 6.04 | MS | Ålesund | 310847 |
| 9. Øystein Hareide | 6.01 | G16 | Ålesund | 120697 |
| 10. Erik Michon | 6.01 | G19 | Elnesvågen | 050603 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lengde utan tilløp** | | | | |
| 1. Steinar Grimstad | 3.20 | MJ? | Volda | 141257 |
| 2. Olav Lynge | 3.04 | MS | Hareid | 120274 |
| 3. Audun Garshol | 3.00 | G18 | Ulsteinvik | 230269 |
| 4. Johs. Bakke-Hareide | 2.97 | ? | ? | 53 |
| 5. Øystein Hareide | 2.85 | G18 | Ulsteinvik | 110379 |
| 6. Frank Brandal | 2.79 | G18 | Hareid | 040179 |
| 7. Karl H. Kalland | 2.73 | MJ? | Hareid | 240175 |
| 8. Øystein Johansen | 2.71 | G17 | Hareid | 231173 |
| 9. Runar Heltne | 2.69 | G15 | Langevåg | 281295 |
| 10. Kårstein Brandal | 2.65 | M18 | Hareid | 240175 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tresteg** | | | | |
| 1. Jan Magne Breivik | 12.80 | MS | Kristiansund | 160691 |
| 2. Kjartan Grimstad | 12.72 | MJ | Kristiansund | 55 |
| 3. Ørjan E. Grimstad | 12.63 | G16 | Straumsnes | 170606 |
| 4. Runar Heltne | 12.58 | G16 | Kristiansund | 150696 |
| 5. Kristoffer Ø. Hasfjord | 12.34 | G15 | Fana | 060611 |
| 6. Steinar Grimstad | 12.29 | MJ | Kristiansund | 57 |
| 7. Øystein Hareide | 11.86 | G16 | Hareid | 060877 |
| 8. Johs. G. Hareide | 11.75 | MS | Ålesund | 150848 |
| 9. Arill Larsen | 11.63 | MJ | Kristiansund | 160691 |
| 10. Øystein Johansen | 11.60 | MJ | Hareid | 100676 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stav** | | | | |
| 1. Runar Heltne | 3.32 | G16 | Vaksjø | 200796 |
| **2. Kevin Olai S. Wingsternes** | **2.80** | **G15** | **Nittedal** | **210516** |
| 3. Simon Holstad Grimstad | 2.30 | G14 | Molde | 080613 |
| **4. Sebastian Kostaris** | **2.10** | **G14** | **Måndalen** | **130817** |
| **4. Karsten L. V. Hodge** | **2.10** | **G12** | **Ulsteinvik** | **290220** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Slegge** | | | | |
| 1. Kennet Bergesen | 30.35 | MS | Elnesvågen | 220804 |
| 2. Bjørnar Hareide | 27.68 | MS | Kristiansund | 080692 |
| 3. Rune Veiset | 22.96 | G19 | Ørsta | 100994 |
| 4. Kristoffer Ø. Hasfjord | 20.13 | G15 | Straumsnes | 040911 |
| 5. Daniel Hasund | 15.81 | G18 | Ørsta | 190806 |
| 6. Torbjørn Johansen | 11.70 | G19 | Kristiansund | 160690 |
| 7. Odd Elvanes | 11.40 | MS | Kristiansund | 160690 |
| 8. Anders E. Brandal | 10.48 | G15 | Molde | 100606 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spyd, gamal type** | | | | |
| 1. Roar Hansen | 52.86 | G17 | Prestjord | 050775 |
| 2. Bjørn Mork | 44.36 | G18 | Hareid | 240679 |
| 3. Kjell Flø | 43.44 | G18 | Ålesund | 66 |
| 4. Øystein Johansen | 36.38 | MJ | Hareid | 100878 |
| 5. Øystein Hareide | 34.55 | G17 | Langevåg | 040678 |
| 6. Jostein Vartdal | 34.02 | MS | Ulsteinvik | 230879 |
| 7. Jan Kåre Kalland | 33.34 | G16 | Hareid | 260876 |
| 8. Hans Flø | 32.28 | MJ? | Hareid | 120674 |
| 9. Øystein Orten | 27.14 | G18 | Ålesund | 180680 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spyd, ny type** | | | | |
| 1. Kennet Bergesen | 59.60 | MS | Fosnavåg | 240503 |
| 2. Vegard Nilsen | 57.44 | MS | Fosnavåg | 240503 |
| **3. Svenning Veiseth** | **54.13** | **G18** | **Sigdal** | **240819** |
| 4. Runar Heltne | 47.03 | G16 | Bislett | 050996 |
| 5. Rune Veiset | 45.70 | G19 | Bergsøy | 040694 |
| 6. Arill Larsen | 39.15 | MV35 | Ørsta | 190806 |
| 7. Ottar Holstad | 38.90 | G16 | Ørsta | 190590 |
| 8. Johannes Holstad | 33.54 | G18 | Bergsøy | 250891 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Diskos** | | | | |
| 1. Kennet Bergesen | 34.18 | MS | Elnesvågen | 070902 |
| 2. Karl Johan Holstad | 31.50 | MS | Notodden | 69 |
| 3. Inge Grimstad | 29.95 | MS | Ulsteinvik | 210849 |
| 4. Olav Eilertsen | 27.55 | G19 | Ulsteinvik | 210849 |
| 5. Vegard Nilsen | 26.88 | MS | Straumsnes | 160601 |
| 6. Øystein Johansen | 26.36 | G19 | Hareid | 101075 |
| 7. Kjetil Oksavik | 24.92 | G19 | Hareid | 290882 |
| 8. Kjell Hansen | 24.86 | MV40 | Hareid | 101075 |
| 9. Bjørn Sverre Juliussen | 24.20 | MS | Straumsnes | 170606 |
| 10. Johan E. Hareide | 23.80 | G17 | Ulsteinvik | 220749 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Kule** | | | | |
| 1. Vegard Nilsen | 10.41 | MS | Ulsteinvik | 190501 |
| 2. Rune Veiset | 10.30 | G19 | Kristiansund | 110694 |
| 3. Kristoffer Ø. Hasfjord | 10.06 | G15 | Hareid | 120611 |
| 4. Odd-Magne Brandal | 9.13 | MJ | Ulsteinvik | 100905 |
| 5. Øystein Johansen | 9.08 | MJ | Hareid | 101076 |
| 6. Jostein Vartdal | 8.84 | MS | Byrkjelo | 050579 |
| 7. Roar Hansen | 8.75 | G17 | Hareid | 101075 |
| 8. Bjørn Sverre Juliussen | 8.39 | G18 | Straumsnes | 170606 |
| 9. Torbjørn Johansen | 8.35 | G19 | Ørsta | 100690 |
| 10. Bjørn Holm | 8.30 | MV40 | Hareid | 150985 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1000m kappgang** | | | | |
| 1. Ådne Andersen | 6:08.69 | G16 | Ulsteinvik | 161010 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Stafettar** | | | |
| **4x60m**: A. Sunde, R. Heltne, T.A. Riise, O. Brandal | 34.2 | Langevåg | 010991 |
| **4x200m**: T.A. Riise, O.S. Holstad, E. Rise, A. Larsen | 1:45.2 | Ålesund | 290588 |
| **4x400m**: F.S. Eliassen, O.P. Måløy, A.G. Johansen, N.E. Johansen | 3:33.5 | Ørsta | 060679 |
| **4x1500m**: R. Eide, J. Vartdal, Ø. Johansen, O.P. Måløy | 16:31.52 | Ålesund | 030681 |
| **1000-meter**: K. Bjåstad, B. Mork, O.P. Måløy, A. Oksavik | 2:07.5 | Ålesund | 210883 |

**TOPP TI, KVINNER**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **40m** | | | | |
| 1. Malene Liavaag | 5.88 | J17 | Sykkylven | 020213 |
| 2. Oda Håbakk Djupvik | 6.29 | J13 | Sykkylven | 190211 |
| 3. Aurora T. Midtflø | 6.50\* | J17 | Ulsteinvik | 171010 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **60m** | | | | |
| **1. Borghild Oline Holstad** | **7.98** | **J14** | **Ulsteinvik** | **281120** |
| 2. Malene Liavaag | 8.17 | J17 | Fana | 300513 |
| 3. Beate Husøy | 8.2 | J13 | Bryn | 011192 |
| 4. May Bente Marø | 8.3 | J14 | Skodje | 180885 |
| 5. Maria Håbakk Rise | 8.30\* | J14 | Stjørdal | 040911 |
| 6. Elisabet G. Kirkebø | 8.4 | J16 | Hareid | 070990 |
| 7. Ragnhild Liaset | 8.40\* | J16 | Bryn | 080189 |
| 8. Ingvild Grimstad Selvåg | 8.40\* | J19 | Ålesund | 090504 |
| 9. Unni Stokkevåg | 8.4 | J12 | Molde | 120688 |
| 10. Hege Holstad | 8.5 | J15 | Hareid | 050985 |
| 11. Oline Krokeide | 8.68 | J14 | Molde | 190621 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **80m** | | | | |
| 1. Maria Håbakk Rise | 11.91 | J12 | Ørsta | 230809 |
| 2. Kaviya Sanyajan | 12.23 | J13 | Ørsta | 230809 |
| 3. Susannah Poklo | 12.79 | J12 | Ørsta | 230809 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **100m** | | | | |
| 1. Jeanette Bigset | 12.63 | J16 | Lillehammer | 260605 |
| **2. Borghild Oline Holstad** | **12.66** | **J15** | **Trondheim** | **030921** |
| 2. Malene Liavaag | 12.77 | J17 | Lillehammer | 080613 |
| 3. Anne-Margit Solheim | 12.87 | J17 | Askøy | 090896 |
| 4. Beate Husøy | 12.90\* | J15 | Molde | 040994 |
| 5. Ingvild Grimstad Selvåg | 13.00\* | KJ | Ulsteinvik | 050606 |
| 6. Elisabet G. Kirkebø | 13.1 | J15 | Straumsnes | 100689 |
| 7. Iris Grimstad | 13.1 | J16 | Ålesund | 100876 |
| 8. Marianne Pilskog | 13.20\* | J15 | Hornindal | 100793 |
| 9. Ida Marlen Kjøde | 13.27 | J17 | Lillehammer | 260605 |
| 10. Ragnhild K. Liaset | 13.29 | J16 | Straumsnes | 100689 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **200m** | | | | |
| **1. Borghild Oline Holstad** | **25.66** | **J15** | **Molde** | **200621** |
| 2. Jeanette Bigset | 26.45 | J16 | Lillehammer | 240605 |
| 3. Malene Liavaag | 26.54 | J17 | Lillehammer | 080613 |
| 4. Elisabet G. Kirkebø | 26.86 | KS | Straumsnes | 160601 |
| 5. Ida Marlen Kjøde | 26.87 | J17 | Ørsta | 150505 |
| 6. Ingvild Grimstad Selvåg | 27.04 | J16 | Straumsnes | 160601 |
| 7. Trine Pilskog | 27.1 | J17 | Straumsnes | 110689 |
| 8. Ann-Magritt Myrene | 27.36 | J15 | Bergsøy | 280595 |
| 9. May Beate Marø | 27.5 | J15 | Molde | 200986 |
| 10. Grete Røyset | 27.6 | J16 | Sunndalsøra | 040677 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **300m** | | | | |
| 1. Ann Magritt Myrene | 43.62 | J16 | Straumsnes | 070696 |
| 2. Torunn S. Topphol | 46.10\* | J13 | Hareid | 230587 |
| 2. Jeanette Håbakk | 46.1 | J14 | Hareid | 210586 |
| 4. Ingvill Grimstad | 49.00\* | J12 | Hareid | 230587 |
| 5. Aurora Topphol Midtflø | 50.44 | J17 | Ulsteinvik | 171010 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **400m** | | | | |
| 1. Jeanette Bigset | 59.38 | J16 | Lillehammer | 250605 |
| 2. Trine Pilskog | 59.4 | J16 | Fosnavåg | 100988 |
| 3. Elisabet G. Kirkebø | 1:00.0 | J17 | Kristiansund | 160691 |
| 4. Ann-Magritt Myrene | 1:00.44 | J15 | Fosnavåg | 250695 |
| 5. Hege Holstad | 1:00.6 | J15 | Ålesund | 160885 |
| 6. May Beate Marø | 1:01.7 | J15 | Ålesund | 150686 |
| 7. Karete Malen Nesset | 1:02.1 | J14 | Ørsta | 190488 |
| 7. Grete Røyset | 1:02.1 | J16 | Sunndalsøra | 040677 |
| 9. Aurora Topphol Midtflø | 1:02.27 | J17 | Elnesvågen | 270610 |
| 10. Iris Grimstad | 1:02.7 | J17 | Hareid | 020777 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **600m** | | | | |
| 1. Aurora Topphol Midtflø | 1:40.04 | J14 | Fana | 020607 |
| 2. Hege Holstad | 1:41.78 | J16 | Ålesund | 100886 |
| 3. Karete Malen Nesset | 1:42.57 | J14 | Ålesund | 030988 |
| **4. Anne-Liv Holstad** | **1:44.61** | **J14** | **Hareid** | **130914** |
| 5. Ann-Magritt Myrene | 1:48.00\* | J12 | Fosnavåg | 240592 |
| 6. Oda Håbakk Djupvik | 1:49.28 | J13 | Ulsteinvik | 220511 |
| 7. Oda Renate Midtflø | ?\*\* | J17 | Stange | 180306 |
| 8. Anna Djupvik | 1:51.01 | J14 | Ørsta | 260609 |
| **9. Borghild Oline Holstad** | **1.53.93** | **J13** | **Ulsteinvik** | **231119** |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

\*\* Tid manglar frå ein eldre statistikk.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **800m** | | | | |
| 1. Trine Pilskog | 2:03.25 | KS | Trento, Italia | 150904 |
| 2. Karete Malen Nesset | 2:15.46 | J16 | Ålesund | 090990 |
| 3. Ann-Magritt Myrene | 2:18.74 | J14 | Lillehammer | 260694 |
| 4. Hege Holstad | 2:19.3 | J15 | Fosnavåg | 210985 |
| 5. Aurora Topphol Midtflø | 2:20.57 | J15 | Lillehammer | 220608 |
| 6. May Beate Marø | 2:21.9 | J14 | Ørsta | 030885 |
| 7. Maria Vollsæter | 2:22.29 | J17 | Lillehammer | 260694 |
| 8. Jeanette Håbakk | 2:23.3 | J14 | Ålesund | 080686 |
| 9. Hanne Holm | 2:24.4 | J13 | Ålesund | 140686 |
| 10. Ingrid Holstad | 2:25.63 | J14 | Lillehammer | 260689 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1000m** | | | | |
| 1. Maria Vollsæter | 3:44.5 | J13 | Ørsta | 070990 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1500m** | | | | |
| 1. Trine Pilskog | 4:05.75 | S | Paris | 230704 |
| 2. Karete Malen Nesset | 4:36.14 | J16 | Bislett | 150990 |
| 3. Rigmor Ulstein | 4:39.6 | KS | Steinkjer | 130878 |
| 4. Maria Vollsæter | 4:59.18 | J17 | Bergsøy | 040694 |
| 5. Aurora Topphol Midtflø | 5:05.31 | J15 | Tingvoll | 180808 |
| 6. Ingrid Holstad | 5:06.03 | J14 | Lillehammer | 220689 |
| 7. Hege Holstad | 5:10.8 | J16 | Ålesund | 100886 |
| 8. Grete Røyset | 5:11.6 | J16 | Hareid | 020777 |
| 9. Birte Kristine Falk | 5:15.6 | J16 | Ørsta | 190590 |
| 10. Jeanette Håbakk | 5:15.9 | J15 | Ørsta | 020887 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2000m** | | | | |
| 1. Anna Djupvik | 7:28.82 | J15 | Molde | 050910 |
| 2. Aurora Topphol Midtflø | 8:15.01 | J17 | Ulsteinvik | 161010 |
| 3. Oda Renate Midtflø | 8.27.94 | J15 | Fagernes | 140904 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m** | | | | |
| 1. Trine Pilskog | 9:40.15 | KJ | USA | 100494 |
| 2. Rigmor Ulstein | 9:57.8 | KS | Steinkjer | 110878 |
| 3. Karete Malen Nesset | 10:01.9 | J16 | Molde | 120890 |
| 4. Aurora Topphol Midtflø | 11:26.80\* | J15 | Molde | 140608 |
| 5. Maria Vollsæter | 11:34.22 | J17 | Ørsta | 100994 |
| 6. Anna Djupvik | 11:51.99 | J15 | Ørsta | 050610 |
| 7. Oda Renate Midtflø | 12:09.78 | J16 | Straumsnes | 240705 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5000m** | | | | |
| 1. Oda Renate Midtflø | 22:10.00\* | J17 | Fosnavåg | 290406 |

\* Uvisst om dette er manuelt eller elektronisk tidtaking.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **100m hekk** | | | | |
| 1. Astri Male | 17.0 | KJ | Ålesund | 120777 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **200m hekk** | | | | |
| 1. Oda Håbakk Djupvik | 33.99 | J13 | Ulsteinvik | 220511 |
| 2. Sandra Bakkejord Mork | 34.09 | J15 | Ulsteinvik | 250513 |
| 3. Aurora Topphol Midtflø | 39.07 | J17 | Ulsteinvik | 161010 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **300m hekk** | | | | |
| 1. Ragnhild Liaset | 49.14 | J16 | Sundsvall | 040689 |
| 2. Sandra Bakkejord Mork | 51.95 | J15 | Fredrikstad | 260811 |
| 3. Aurora Topphol Midtflø | 1:00.12 | J17 | Ulsteinvik | 161010 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **400m hekk** | | | | |
| 1. Ragnhild Liaset | 1:09.7 | J16 | Straumsnes | 100689 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **2000m hinder** | | | | |
| 1. Oda Renate Midtflø | 8:43.63 | J17 | Byrkjelo | 260806 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3000m hinder** | | | | |
| 1. Oda Renate Midtflø | 14:04.20 | KS | Straumsnes | 030606 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Høgde** | | | | |
| **1. Ane Rise Brandal** | **1.53** | **J14** | **Molde** | **190621** |
| 2. Iselin Grimstad Selvåg | 1.52 | J14 | Stjørdal | 070908 |
| 3. Nathalie Melchior | 1.51 | J15 | Sandnes | 110312 |
| 4. Arnhild A. Holstad | 1.43 | J14 | Hareid | 040977 |
| 5. Arnhild S. Holstad | 1.42 | J15 | Skodje | 210877 |
| 6. Ingvild Grimstad Selvåg | 1.40 | J16 | Ålesund | 220901 |
| 6. Hilde Osnes | 1.40 | J17 | Kristiansund | 150696 |
| 6. Oda Håbakk Djupvik | 1.40 | J13 | Ulsteinvik | 110911 |
| **6. Anna Maria Kostaris** | **1.40** | **J13** | **Trondheim** | **060920** |
| 10. Renate Hovlid | 1.35 | J13 | Fosnavåg | 010990 |
| 10. Sara Lande Rise | 1.35 | J15 | Tingvoll | 220602 |
| 10. Unni Stokkevåg | 1.35 | J13 | Lillehammer | 230688 |
| 10. Aurora Topphol Midtflø | 1.35 | J17 | Ulsteinvik | 151010 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Høgde utan tilløp** | | | | |
| 1. Jenny Holstad | 1.32 | J16 | Ulsteinvik | 200277 |
| 2. Christine Braarud | 1.28 | J15 | Ulsteinvik | 180278 |
| 3. Arnhild S. Holstad | 1.26 | J15 | Hareid | 100377 |
| 4. Wiviann Jensen | 1.22 | J13 | Hareid | 100377 |
| 5. Ann-Magritt Myrene | 1.10 | J12 | Dimna | 100292 |
| 5. Oda Håbakk Djupvik | 1.10 | J13 | Sykkylven | 190211 |
| 7. Ingvil Grimstad | 1.05 | J13 | Dimna | 230288 |
| 7. Aurora Topphol Midtflø | 1.05 | J17 | Ulsteinvik | 161010 |
| 9. Arnhild A. Holstad | 1.00 | J13 | Ålesund | 210276 |
| 9. Elisabeth Grimstad | 1.00 | J14 | Dimna | 230288 |
| 9. Birte Kristine Falk | 1.00 | J14 | Dimna | 230288 |
| **9. Ane Rise Brandal** | **1.00** | **J12** | **Ulsteinvik** | **270119** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lengde** | | | | |
| 1. Ingvild Grimstad Selvåg | 5.41 | J16 | Lillehammer | 300601 |
| **1. Borghild Oline Holstad** | 5.41 | **J15** | **Molde** | **200621** |
| 3. Ann-Magritt Myrene | 5.38 | J16 | Straumsnes | 070796 |
| 4. Malene Liavaag | 5.32 | J17 | Sykkylven | 020213 |
| 5. Iris Grimstad | 5.24 | J18 | Ålesund | 130678 |
| 6. Jeanette Bigset | 5.18 | J16 | Ulsteinvik | 180605 |
| 7. Ann-Magritt Myrene | 5.10 | J15 | Straumsnes | 100695 |
| 8. Iselin Grimstad Selvåg | 5.04 | J17 | Fana | 050611 |
| 9. Elisabet G. Kirkebø | 4.96 | J14 | Fosnavåg | 110988 |
| 10. Hege Holstad | 4.94 | J16 | Ålesund | 140686 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lengde utan tilløp** | | | | |
| 1. Brit Eli Moi | 2.51 | J17 | Hareid | 050374 |
| 2. Arnhild A. Holstad | 2.46 | J13 | Ørsta | 240976 |
| 3. Ingvild Grimstad Selvåg | 2.45 | J16 | Giske | 170201 |
| 4. Iris Grimstad | 2.39 | J18 | Hareid | 080378 |
| 5. Elisabeth G. Kirkebø | 2.36 | J14 | Dimna | 230288 |
| 6. Lisbet Ljones | 2.32 | J13 | Ulsteinvik | 200277 |
| 7. Aurora Topphol Midtflø | 2.29 | J17 | Ulsteinvik | 171010 |
| 8. Arnhild S. Holstad | 2.26 | J15 | Ulsteinvik | 200277 |
| 9. Trude Teigene | 2.25 | J14 | Ulsteinvik | 200277 |
| 10. Lillian Nilsen | 2.24 | J13 | Ulsteinvik | 200277 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tresteg** | | | | |
| 1. Iselin Grimstad Selvåg | 11.57 | J17 | Ranheim | 130311 |
| 2. Ingvild Grimstad Selvåg | 11.31 | KJ | Haugesund | 070805 |
| 3. Hilde Osnes | 10.93 | J17 | Fosnavåg | 240896 |
| 4. Malene Liavaag | 10.79 | J17 | Steinkjer | 090313 |
| 5. Ann-Magritt Myrene | 10.41 | J16 | Fosnavåg | 240896 |
| 6. Jeanette Bigset | 9.89 | J17 | Straumsnes | 170606 |
| 7. Oda Renate Midtflø | 9.85 | J16 | Ulsteinvik | 190605 |
| 8. Maria Vollsæter | 9.63 | J15 | Molde | 220892 |
| **9. Anna Maria Kostaris** | **9.58** | **J14** | **Aksla** | **220821** |
| 10. Sara Lande Rise | 9.20 | J17 | Ørsta | 160504 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Stav** | | | | |
| **1. Ane Rise Brandal** | **2.10** | **J14** | **Molde** | **200621** |
| **2. Anna Maria P. Bitocchi** | **1.90** | **J13** | **Molde** | **200621** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Slegge** | | | | |
| 1. Christina Kaldhol | 29.65 | J15 | Hudiksvall | 120904 |
| 2. Ingvild Grimstad Selvåg | 22.39 | KJ | Ørsta | 190806 |
| 3. Jeanette Bigset | 17.65 | J17 | Ørsta | 190806 |
| 4. Anna Håbakk Djupvik | 14.39 | J16 | Straumsnes | 040911 |
| 5. Iselin Grimstad Selvåg | 14.21 | J17 | Straumsnes | 040911 |
| 6. Sara Lande Rise | 13.72 | J16 | Straumsnes | 220603 |
| 7. Aurora Topphol Midtflø | 8.32 | J17 | Ulsteinvik | 161010 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spyd, gamal type** | | | | |
| 1. Iris Grimstad | 26.60 | J18 | Sunndalsøra | 100978 |
| 2. Ingunn Bjåstad | 23.12 | J16 | Ålesund | 090990 |
| 3. Elisabeth G. Kirkebø | 22.14 | J17 | Kristiansund | 160691 |
| 4. Rigmor Ulstein | 15.90 | KS | Førde | 230978 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spyd, ny type** | | | | |
| 1. Sara Lande Rise | 39.27 | J19 | Bislett | 290706 |
| 2. Ingvild Grimstad Selvåg | 27.95 | KJ | Ørsta | 190806 |
| 3. Iselin Grimstad Selvåg | 17.87 | J17 | Hareid | 120611 |
| 4. Aurora Topphol Midtflø | 11.01 | J17 | Ulsteinvik | 161010 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Diskos** | | | | |
| 1. Rigmor Ulstein | 23.46 | KS | Førde | 230978 |
| 2. Ingun Bjåstad | 22.82 | J15 | Ålesund | 130889 |
| 3. Ingvild Grimstad Selvåg | 22.27 | KJ | Straumsnes | 170606 |
| 4. Kari Janne Ljones | 22.02 | J17 | Fosnavåg | 250891 |
| 5. Renate Hovlid | 21.52 | J13 | Ørsta | 260890 |
| 6. Arnhild A. Holstad | 21.10 | J17 | Hareid | 230580 |
| 7. Elisabet G. Kirkebø | 20.78 | J17 | Ørsta | 260891 |
| 8. Birte Kristine Falk | 17.56 | J14 | Ålesund | 170888 |
| 9. Hanne Holm | 16.90 | J15 | Hareid | 180687 |
| 10. Ingvild Øyehol | 16.14 | J14 | Hareid | 070990 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Kule** | | | | |
| 1. Sara Lande Rise | 9.94 | J19 | Aksla | 120806 |
| 2. Arnhild A. Holstad | 9.46 | J16 | Ulsteinvik | 070679 |
| 3. Ingvild Grimstad Selvåg | 9.41 | KJ | Straumsnes | 170606 |
| 4. Wiviann Jensen | 9.27 | J13 | Hamar | 090679 |
| 5. Anna Øiestad | 9.02 | J17 | Hamar | 96 |
| 6. Iris Grimstad | 8.86 | J16 | Skodje | 190976 |
| 7. Jenny Holstad | 8.85 | J15 | Skodje | 190976 |
| 8. Hilde Osnes | 8.14 | J17 | ? | 96 |
| 9. Iselin Grimstad Selvåg | 7.98 | J17 | Hareid | 110611 |
| 10. Synnøve Grimstad | 7.89 | J17 | Hareid | 070990 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1000m kappgang** | | | | |
| 1. Aurora Topphol Midtflø | 6:51.95 | J17 | Ulsteinvik | 161010 |
| 2. Oda Håbakk Djupvik | 7:41.27 | J13 | Stjørdal | 030911 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Stafettar** | | | |
| **4x60m**: M. Vollsæter, B. Dahle, B. Husøy, A.M. Myrene | 34.2 | Langevåg | 010991 |
| **4x100m**: E. Grimstad, T. Pilskog, R. Liaset, T.S. Topphol | 52.7 | Fosnavåg | 190688 |
| **4x100m**: H. Holm, B.K. Falk, R.K. Liaset, E. Grimstad | 52,7 | Straumsnes | 100689 |
| **4x200m**: H. Holm, M.B. Marø, P.V. Holstad, H. Holstad | 1:53.3 | Straumsnes | 090685 |
| **1000m**: T.S. Topphol, B.K. Falk, E. Grimstad, K.M. Nesset | 2:25.45 | Fana | 260889 |

Konverteringsreglar mellom manuell og elektronisk tidtaking: manuell tidtaking skal leggast til 0.2s på 60 meter, 0.24s på 100m og 200m, og 0.14s på 400, i høve til elektronisk tidtaking. Lengre distansar har ingen tillegg.