

Klasse	Navn	Klubb	Dato	Resultat
<b>KNEBØY</b>				
43				
47	Karen Hesthammer	Oslo SK	17.11.12	105,0
52	Henriette Pedersen	Moss SIK	08.06.13	102,5
57	Madelen Halvorsen	Askim SK	25.06.16	112,5
63	Juliane Slettnes	Brumunddal AK	23.11.19	166,5
69	Juliane Slettnes	Brumunddal AK	23.11.19	166,5
76	Marthe Engskar Ramsrud	Oslo SK	03.06.17	170,0
84	Audhild Margrete Ruud	Askim SK	30.05.15	185,0
+84	Audhild Margrete Ruud	Askim SK	22.11.14	180,0
<b>BENKPRESS</b>				
43				
47	Karen Hesthammer	Oslo SK	17.11.12	57,5
52	Henriette Pedersen	Moss SIK	08.06.13	57,5
57	Susanne Linnea Leer	Christiania AK	12.12.15	60,0
63	Juliane Slettnes	Brumunddal AK	23.11.19	97,5
69	Juliane Slettnes	Brumunddal AK	23.11.19	97,5
76	Marthe Engskar Ramsrud	Oslo SK	16.09.17	142,5
84	Marthe Engskar Ramsrud	Oslo SK	22.04.17	130,0
+84	Audhild Margrete Ruud	Askim SK	14.06.14	90,0
<b>MARKLØFT</b>				
43				
47	Karen Hesthammer	Oslo SK	17.11.12	110,0
52	Emilie Dahl	Nes SIL	29.04.17	115,0
57	Christine Vandsemb	Nes SIL	15.06.13	127,5
63	Juliane Slettnes	Brumunddal AK	23.11.19	165,0
69	Juliane Slettnes	Brumunddal AK	23.11.19	165,0
76	Marthe Engskar Ramsrud	Oslo SK	26.11.17	165,5
84	Audhild Margrete Ruud	Askim SK	30.05.15	165,0
+84	Audhild Margrete Ruud	Askim SK	22.11.14	160,0
<b>SAMMENLAGT</b>				
43				
47	Karen Hesthammer	Oslo SK	17.11.12	272,5
52	Henriette Pedersen	Moss SIK	08.06.13	260,0
57	Madelen Halvorsen	Askim SK	25.06.16	290,0
63	Juliane Slettnes	Brumunddal AK	23.11.19	429,0
69	Juliane Slettnes	Brumunddal AK	23.11.19	429,0
76	Marthe Engskar Ramsrud	Oslo SK	25.11.17	470,5
84	Audhild Margrete Ruud	Askim SK	30.05.15	450,0
+84	Audhild Margrete Ruud	Askim SK	22.11.14	430,0

<b>BENKPRESS ENKELTLØFT</b>				
43				
47	Karen Hesthammer	Oslo SK	17.11.12	57,5
52	Eva Marie Olsen	Moss SIK	24.03.18	62,5
57	Susanne Linnea Leer	Christiania AK	12.12.15	60,0
63	Juliane Slettnes	Brumunddal AK	23.11.19	97,5
69	Juliane Slettnes	Brumunddal AK	23.11.19	97,5
76	Marthe Engskar Ramsrud	Oslo SK	16.09.17	142,5
84	Marthe Engskar Ramsrud	Oslo SK	22.04.17	130,0
+84	Anine Rosenvinge	Askim SK	25.03.17	100,0