

| Klasse                      | Navn                | Klubb         | Dato     | Resultat |
|-----------------------------|---------------------|---------------|----------|----------|
| <b>KNEBØY</b>               |                     |               |          |          |
| 47                          |                     |               |          |          |
| 52                          |                     |               |          |          |
| 57                          | Anita Stavik        | Askim SK      | 23.11.19 | 162,5    |
| 63                          | Anita Stavik        | Askim SK      | 11.07.17 | 175,0    |
| 69                          | Anita Stavik        | Askim SK      | 11.07.17 | 175,0    |
| 76                          | Kirsten Winje       | Lenja AK      | 11.07.17 | 157,5    |
| 84                          | Heidi Hille Arnesen | IL Kraftsport | 22.06.22 | 252,5    |
| +84                         | Heidi Hille Arnesen | IL Kraftsport | 18.11.23 | 255,0    |
| <b>BENKPRESS</b>            |                     |               |          |          |
| 47                          |                     |               |          |          |
| 52                          |                     |               |          |          |
| 57                          | Ann Kristin Olsen   | Moss SIK      | 04.10.17 | 107,5    |
| 63                          | Ann Kristin Olsen   | Halden SI     | 25.09.21 | 100,0    |
| 69                          | Tone Glomstein      | IL Kraftsport | 21.08.22 | 95,0     |
| 76                          | Lene Einarsen       | IL Kraftsport | 25.09.21 | 102,5    |
| 84                          | Heidi Hille Arnesen | IL Kraftsport | 07.08.21 | 147,5    |
| +84                         | Heidi Hille Arnesen | IL Kraftsport | 18.11.23 | 152,5    |
| <b>MARKLØFT</b>             |                     |               |          |          |
| 47                          |                     |               |          |          |
| 52                          |                     |               |          |          |
| 57                          | Anita Stavik        | Askim SK      | 23.11.19 | 157,5    |
| 63                          | Anita Stavik        | Askim SK      | 02.02.19 | 161,0    |
| 69                          | Anita Stavik        | Askim SK      | 02.02.19 | 161,0    |
| 76                          | Hege Berntsen       | IL Kraftsport | 10.09.22 | 150,0    |
| 84                          | Heidi Hille Arnesen | IL Kraftsport | 08.05.22 | 210,0    |
| +84                         | Heidi Hille Arnesen | IL Kraftsport | 10.09.22 | 212,5    |
| <b>SAMMENLAGT</b>           |                     |               |          |          |
| 47                          |                     |               |          |          |
| 52                          |                     |               |          |          |
| 57                          | Anita Stavik        | Askim SK      | 23.11.19 | 390,0    |
| 63                          | Anita Stavik        | Askim SK      | 02.02.19 | 401,0    |
| 69                          | Anita Stavik        | Askim SK      | 06.07.23 | 402,5    |
| 76                          | Lene Einarsen       | Oslo SK       | 05.10.15 | 380,0    |
| 84                          | Heidi Hille Arnesen | IL Kraftsport | 07.05.23 | 607,5    |
| +84                         | Heidi Hille Arnesen | IL Kraftsport | 18.11.23 | 617,5    |
| <b>BENKPRESS ENKELTLØFT</b> |                     |               |          |          |
| 47                          | Gunn Mari Løkkeberg | Moss SIK      | 03.03.24 | 58,0     |
| 52                          |                     |               |          |          |
| 57                          | Ann Kristin Olsen   | Moss SIK      | 04.10.17 | 107,5    |
| 63                          | Ann Kristin Olsen   | Halden SI     | 26.03.23 | 101,5    |
| 69                          | Ann Kristin Olsen   | Moss SIK      | 23.03.19 | 100,5    |
| 75                          | Lene Einarsen       | IL Kraftsport | 19.02.22 | 105,0    |
| 84                          | Heidi Hille Arnesen | IL Kraftsport | 07.08.21 | 147,5    |
| +84                         | Heidi Hille Arnesen | IL Kraftsport | 18.11.23 | 152,5    |