

Klasse	Navn	Klubb	Dato	Resultat
KNEBØY				
43	Catalina Halvorsen Sales	Lenja AK	22.02.20	80,0
47	Pernille Stenberg	Oslo SK	14.09.17	100,0
52	Karen Hesthammer	Oslo SK	21.10.17	135,0
57	Selma Karoline Matilde Ramberg	Oslo SK	29.08.23	150,0
63	Frida Aung	Oslo SK	02.12.19	145,0
69	Julianne Slettnes	Brumunddal AK	02.09.22	183,0
76	Julianne Slettnes	Brumunddal AK	31.08.23	185,0
84	Karoline Marie Andersen	Moss SIK	12.04.24	165,0
+84	Tuva Lierhagen	Brumunddal AK	24.02.24	200,0
BENKPRESS				
43	Catalina Halvorsen Sales	Lenja AK	22.02.20	55,0
47	Pernille Stenberg	Oslo SK	14.09.17	77,5
52	Selma Karoline Matilde Ramberg	Oslo SK	23.04.22	114,0
57	Selma Karoline Matilde Ramberg	Oslo SK	23.03.24	108,0
63	Frida Aung	Oslo SK	02.12.19	92,5
69	Julianne Slettnes	Brumunddal AK	23.04.22	98,0
76	Isabell Adolfsen	Askim SK	23.04.22	107,5
84	Marthe Engskar Ramsrud	Oslo SK	16.06.18	105,0
+84	Tuva Lierhagen	Brumunddal AK	24.02.24	100,0
MARKLØFT				
43	Catalina Halvorsen Sales	Lenja AK	22.02.20	112,5
47	Pernille Stenberg	Oslo SK	14.09.17	125,0
52	Karen Hesthammer	Oslo SK	21.10.17	150,0
57	Selma Karoline Matilde Ramberg	Oslo SK	23.03.24	170,0
63	Frida Aung	Oslo SK	02.12.19	167,5
69	Julianne Slettnes	Brumunddal AK	02.09.22	182,5
76	Isabell Adolfsen	Askim SK	23.04.22	200,5
84	Sandra Persson	Oslo SK	27.11.18	185,0
+84	Tuva Lierhagen	Brumunddal AK	24.02.24	192,5
SAMMENLAGT				
43	Catalina Halvorsen Sales	Lenja AK	22.02.20	247,5
47	Pernille Stenberg	Oslo SK	14.09.17	302,5
52	Karen Hesthammer	Oslo SK	21.10.17	373,0
57	Selma Karoline Matilde Ramberg	Oslo SK	23.03.24	425,5
63	Frida Aung	Oslo SK	02.12.19	405,0
69	Julianne Slettnes	Brumunddal AK	02.09.22	463,0
76	Julianne Slettnes	Brumunddal AK	16.04.23	469,0
84	Tuva Lierhagen	Brumunddal AK	23.04.22	432,5
+84	Tuva Lierhagen	Brumunddal AK	24.02.24	492,5

BENKPRESS ENKELTLØFT				
43	Catalina Halvorsen Sales	Lenja AK	22.02.20	55,0
47	Pernille Stenberg	Oslo SK	14.09.17	77,5
52	Selma Karoline Matilde Ramberg	Oslo SK	23.04.22	114,0
57	Selma Karoline Matilde Ramberg	Oslo SK	23.03.24	108,0
63	Frida Aung	Oslo SK	02.12.19	92,5
69	Isabell Adolfsen	Askim SK	27.11.22	100,0
76	Isabell Adolfsen	Askim SK	23.04.22	107,5
84	Marthe Engskar Ramsrud	Oslo SK	15.06.19	110,0
+84	Tuva Lierhagen	Brumunddal AK	24.02.24	100,0