**Heatoppsett**

**100m para Kl 13.00**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Heat | Bane |  |
| Anisa Abdulle | Moelven | 1 | 3 |  |
| Skjalg Kongssund | Moelven | 1 | 5 |  |

**150m KS Kl 13.05**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Heat | Bane |  |
| Miriam Pedersen | Gausdal | 1 | 2 | 12.56 (100m) |
| Maren Bakke Amundsen | Moelven | 1 | 4 | 18.51 |
| Christine Bjelland Jensen | Gular | 1 | 6 | 11.76 (100m) |
| Hannah Cole | Raufoss | 2 | 2 | 13.11 (100m) |
| Sunniva Fjeld | Fagernes | 2 | 4 | 13.90 (100m) |
| Andrea Rooth | Lambertseter | 2 | 6 | 19.83 (j13) |

**150m MS Kl 13.20**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Klubb | Heat | Bane |  |
| Daniel Alejandro Johnsen | Gular | 1 | 4 | 17.07 |
| Øyvind Strømmen Kjerpeset | Florø | 1 | 6 | 15.99 |
| Mickey Joe | BUL | 2 | 4 | 16.86 |
| Mauritz Kåshagen | Moelven | 2 | 6 | 16.14 |
| Vegard Dragsund Sverd | Norna Salhus | 3 | 2 | 18.01 (g16) |
| Carl Emil Kåshagen | Moelven | 3 | 4 | 16.08 |
| Salum Kashafali | Norna Salhus | 3 | 6 | 15.73 |
| Mohammed Doduo Jatta | Norna Salhus | 4 | 4 | 10.37 (100m) |
| Mike Lubsen | Skjalg | 4 | 6 | 17.62 |
| Patrick Monga Bifuko | Tyrving | 5 | 4 | 16.84 |
| Jørgen Kåshagen | Moelven | 5 | 6 | 16.69 |

**3000m KS Kl 13.45**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Heat |  |
| Ingeborg Østgård | Ren-Eng | 1 |  |
| Julie Jeistad | Lismarka Skilag | 1 |  |

**Kl 14.00-14.25 Finaler 150m**

**400m para Kl 14.30**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Heat | Bane |  |
| Anisa Abdulle | Moelven | 1 | 2 |  |
| Skjalg Kongssund | Moelven | 1 | 4 |  |

**300m KS Kl 14.40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Heat |  |  |
| Christine Bjelland Jensen | Gular |  |  | 39.07 |
| Andrea Rooth | Lambertseter |  |  | 40.11 |
| Frida Røe Tærum | Vidar |  |  | 39.47 |
| Sigrid Kongssund Amlie | Moelven |  |  | 40.93 |
| Maren Bakke Amundsen | Moelven |  |  |  |
| Sunniva Fjeld | Fagernes |  |  | 42.76 |
| Johanne Bentdal Ingvaldsen | Moelven |  |  |  |
| Malene Hagen Lie | Gausdal |  |  |  |

**300m MS Kl 14.55**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Heat |  |  |
| Øyvind Strømmen Kjerpeset | Florø | 1991 |  | 33.45 |
| Mike Lubsen | Skjalg | 1995 |  | 33.81 |
| Jørgen Kåshagen | Moelven | 1994 |  | 34.87 |
| Carl Emil Kåshagen | Moelven | 1991 |  | 33.94 |
| Mohammed Doduo Jatta | Norna Salhus | 1998 |  | 35.13 |
| Daniel Alejandro Johnsen | Gular | 1998 |  | 35.06 |
| Salum Kashafali | Norna Salhus | 1993 |  | 37.37 (g18) |
| Håvard Bentdal Ingvaldsen | Moelven | 2002 |  | 35.5 |
| Mickey Joe | BUL | 1991 |  | 37.76 |
| Lavrants Kongssund | Moelven | 2000 |  | 40.62 |
| Vegard Dragsund Sverd | Norna Salhus | 1999 |  | 40.89 (g15) |
| Andreas Grimerud | Moelven | 2003 |  | 43.52 |
| David Handeland | Moelven | 2002 |  |  |