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| Banerkorder kvinner senior AHF banen |
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| **Øvelse** |   | **Rekordholder** | **Klubb** | **Resultat** | **Dato/år** |
| **100 m** |  | Monica Grefstad | Ranheim | 12,34 | 05.05.88 |
| **100 m h** | 84,0 | Cathrine Berget | Kolbotn | 15,2 | 10.09.89 |
| **200 m** |  | Cathrine Berget | Kolbotn | 26,8 | 10.09.89 |
| **400 m** |  | Monica Grefstad | BUL | 57,9 | 21.05.90 |
| **400 m h** | 76,2 | Merete Støverud | Zenith | 72,9 | 09.09.89 |
| **800 m** |  | Toril Hatling | Tjalve | 2.04,45 | 30.08.87 |
| **1500 m** |  | Nina Hausken | Minerav | 4.39,37 | 06.06.93 |
| **3000 m** |  | Gina Salberg | Høybr.&Stov | 9.39,3 | 27.08.91 |
| **5000 m** |  | Gina Salberg | AHF | 17.51,8 | 30.08.95 |
| **4 x 100 m st** |   |   |  I.L. i BUL | 48,16 | 10.09.95 |
| **4 x 400 m st** |   |   | Lillehammer | 3.47,78 | 05.05.88 |
| **4 x800 m st** |   |   | Skjalg | 8.59,05 | 04.05.88 |
| **Høyde** |   | Hanne Haugland | BUL | 1,84 | 28.08.88 |
| **Lengde** |   | Cathrine Berget | Kolbotn | 5,49 | 08.06.91 |
| **Diskos** | 1 kg | Anne-Britt Norø | Brønnøysund | 40,62 | 09.08.92 |
| **Kule** | 4 kg | Stine Lerdahl | Minerva | 14,38 | 30.08.87 |
| **Spyd** | 600 g | Elisabeth Dabouski | Snøgg | 41,46 | 07.08.92 |

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