

# KLUBBREKORDENES UTVIKLING LARVIK TURN MENN

## 100 METER

|                               |              |                       |               |             |
|-------------------------------|--------------|-----------------------|---------------|-------------|
| Sigurd Amundsen               | 12,5         | Larvik / Fram         | 11.okt        | 1908        |
| Sigurd Amundsen               | 12,2         | Larvik / Fram         | jun           | 1909        |
| Hermann Nilsen                | 12,1         | Larvik / Lovisenlund  | 29.jun        | 1919        |
| Gustav Sørensen               | 11,7         | Porsgrunn             | 18.mai        | 1920        |
| Gustav Sørensen               | 11,5         | Larvik / Lovisenlund  |               | 1921        |
| Gustav Sørensen               | 11,5         | Larvik / Fram         | 02.okt        | 1921        |
| Hans Fr. Christensen          | 11,5         | Kragerød              | 23.jul        | 1933        |
| Hans Fr. Christensen          | 11,4         | Larvik / Lovisenlund  | 28.jul        | 1933        |
| Ragnar Daae                   | 11,4         | Larvik / Fram         | 30.jun        | 1934        |
| Ragnar Daae                   | 11,3         | Larvik / Lovisenlund  | aug           | 1934        |
| Ragnar Daae                   | 11,1         | Porsgrunn             | 27.jun        | 1935        |
| Teddy Dyring                  | 11,1         | Skien                 | 28.mai        | 1935        |
| Jan Birger Holhjem            | 11,0         | Ski                   | 10.aug        | 1962        |
| Jan Birger Holhjem            | 11,0         | Teie                  | 30.sep        | 1962        |
| Jan Birger Holhjem            | 11,0         | Hvittingfoss          | 07.jul        | 1962        |
| Jan Birger Holhjem            | 11,0         | Oslo / Bislett        | 08.jul        | 1963        |
| Jan Birger Holhjem            | 10,9         | Larvik / Fram         | 20.jul        | 1963        |
| Jan Birger Holhjem            | 10,8         | Ski                   | 11.aug        | 1963        |
| Andreas Ofstad Kulseng        | 11,01        | Oslo/Bislet           | 15.jul        | 2020        |
| <b>Andreas Ofstad Kulseng</b> | <b>10,98</b> | <b>Lovisenlund</b>    | <b>28.apr</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>10,87</b> | <b>Bislett / Oslo</b> | <b>07.jul</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>10,78</b> | <b>Ravnanger</b>      | <b>30.jul</b> | <b>2021</b> |

## 200 METER

|                               |              |                       |               |             |
|-------------------------------|--------------|-----------------------|---------------|-------------|
| Ame Eduardsen                 | 26,54        | Larvik / Lovisenlund  |               | 1919        |
| Gustav W. Sørensen            | 25,6         | Larvik / Fram         | 02.okt        | 1921        |
| Hermann Nilsen                | 25,2         | Larvik / Fram         | 04.aug        | 1923        |
| G. Waale                      | 25,0         |                       | okt           | 1930        |
| Hans Fr. Christensen          | 23,2         | Skien                 | 23.aug        | 1933        |
| Teddy Dyring                  | 23,0         | Porsgrunn             | 27.jun        | 1935        |
| Jan Birger Holhjem            | 22,7         | Drammen               | 04.jun        | 1962        |
| Jan Birger Holhjem            | 22,5         | Oslo                  | 18.jul        | 1962        |
| Jan Birger Holhjem            | 22,5         | Ski                   | 11.aug        | 1962        |
| Jan Birger Holhjem            | 22,5         | Ski                   | 10.aug        | 1963        |
| Jan Birger Holhjem            | 22,2         | Ski                   | 11.aug        | 1963        |
| Andreas Ofstad Kulseng        | 22,22        | Oslo / Bislett        | 05.jul        | 2019        |
| Andreas Ofstad Kulseng        | 22,16        | Jessheim              | 08.sep        | 2019        |
| Andreas Ofstad Kulseng        | 22,09        | Lovisenlund           | 17.jun        | 2020        |
| <b>Andreas Ofstad Kulseng</b> | <b>21,97</b> | <b>Lovisenlund</b>    | <b>19.mai</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>21,70</b> | <b>Bislett / Oslo</b> | <b>04.jun</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>21,66</b> | <b>Lillehammer</b>    | <b>27.jun</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>21,32</b> | <b>Bislett / Oslo</b> | <b>07.jul</b> | <b>2021</b> |

## 300 METER

|                               |              |                     |               |             |
|-------------------------------|--------------|---------------------|---------------|-------------|
| <b>Andreas Ofstad Kulseng</b> | <b>34,53</b> | <b>Lambertseter</b> | <b>07.mai</b> | <b>2021</b> |
|-------------------------------|--------------|---------------------|---------------|-------------|

## 400 METER

|                               |              |                       |               |             |
|-------------------------------|--------------|-----------------------|---------------|-------------|
| Sigurd Amundsen               | 61,0         | Larvik / Fram         | 11.okt        | 1908        |
| Johan Halberg                 | 60,2         | Larvik / Fram         | sep           | 1911        |
| Hermann Nilsen                | 59,4         | Larvik / Lovisenlund  | 29.jun        | 1919        |
| S. Scheffloe                  | 58,5         | Larvik / Lovisenlund  | 05.sep        | 1920        |
| Rolf Døvlø                    | 56,4         | Porsgrunn             | 15.aug        | 1921        |
| Hermann Nilsen                | 55,2         | Skien                 |               | 1923        |
| O. Mjelva                     | 54,7         | Larvik / Lovisenlund  | okt           | 1929        |
| Teddy Dyring                  | 51,9         | Oslo / Bislett        | 08.jul        | 1935        |
| Einar Aass                    | 51,7         | Tønsberg              | 13.jun        | 1948        |
| Reidar Larsen                 | 51,6         | Skien                 | jun           | 1953        |
| Reidar Larsen                 | 51,4         |                       |               | 1953        |
| Reidar Larsen                 | 51,2         | Sandefjord / Bugården | sep           | 1954        |
| Reidar Larsen                 | 51,0         | Sandefjord / Bugården | 11.jun        | 1955        |
| Reidar Larsen                 | 50,2         | Sarpsborg             | 21.jun        | 1955        |
| Reidar Larsen                 | 50,0         | Oslo / Bislett        | 14.jul        | 1955        |
| Tor Kittelsen                 | 49,6         | Oslo / Bislett        | 28.jun        | 1978        |
| Tor Kittelsen                 | 49,5         | Oslo / Bislett        | 19.jul        | 1978        |
| Tor Kittelsen                 | 49,4         | Steinkjær             | 13.aug        | 1978        |
| Tor Kittelsen                 | 49,2         | Bergen / Fana         | 19.sep        | 1978        |
| Odd Robert Torjussen          | 49,33        | Larvik / Lovisenlund  | 03.jul        | 1983        |
| Odd Robert Torjussen          | 49,02        | Larvik / Lovisenlund  | 24.jun        | 1984        |
| Jørgen Hasle Johansen         | 48,87        | Bergen / Fana         | 11.jun        | 2006        |
| Andreas Ofstad Kulseng        | 48,86        | Kristiansand          | 15.aug        | 2020        |
| <b>Andreas Ofstad Kulseng</b> | <b>48,67</b> | <b>Lovissenlund</b>   | <b>19.mai</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>48,54</b> | <b>Oslo / Bislett</b> | <b>12.jun</b> | <b>2021</b> |
| <b>Andreas Ofstad Kulseng</b> | <b>47,89</b> | <b>Lillehammer</b>    | <b>26.jun</b> | <b>2021</b> |

## 1000 METER

|                     |        |                    |        |      |
|---------------------|--------|--------------------|--------|------|
| Roar Eikenes        | 2,33,6 | Porsgrunn          | 03.jul | 1969 |
| Lars Martin Kaupang | 2,32,1 | Sandefjord         | 23.aug | 1970 |
| Lars Martin Kaupang | 2,23,6 | Coos Bay           | 09.mai | 1975 |
| Lars Martin Kaupang | 2,21,5 | Karlstad / Sverige | 17.aug | 1976 |

**800 METER**

|                     |         |                       |        |      |
|---------------------|---------|-----------------------|--------|------|
| Olav Andresen       | 2,16,2  |                       |        | 1931 |
| Jacob Kringlebotten | 2,11,3  |                       |        | 1933 |
| Hans Næss Børresen  | 2,10,2  |                       |        | 1933 |
| Rolf Hobæk          | 2,10,0  |                       |        | 1933 |
| Rolf Hobæk          | 2,02,6  |                       |        | 1934 |
| Rolf Hobæk          | 2,01,2  |                       |        | 1935 |
| Finn Bjønnes        | 2,01,0  |                       |        | 1938 |
| Finn Bjønnes        | 1,59,8  | Oslo / Bislett        | 09.sep | 1939 |
| Einar Aass          | 1,59,4  | Sandefjord / Bugården | 31.jul | 1948 |
| Reidar Larsen       | 1,57,4  | Larvik / Lovisenlund  | 01.okt | 1955 |
| Reidar Larsen       | 1,57,4  | Tønsberg              | 06.jul | 1956 |
| Arne German Spook   | 1,56,8  | Oslo / Bislett        | 18.jun | 1960 |
| Arne German Spook   | 1,55,0  | Oslo / Bislett        | 12.jul | 1960 |
| Arne German Spook   | 1,54,0  | Oslo / Bislett        | 06.jun | 1962 |
| Arne German Spook   | 1,53,9  | Oslo / Bislett        | 18.jul | 1962 |
| Arne German Spook   | 1,53,8  | Drammen / Marinlyst   | 18.aug | 1962 |
| Arne German Spook   | 1,53,7  | Drammen / Marinlyst   | 19.aug | 1962 |
| Arne German Spook   | 1,52,9  | Oslo / Bislett        | 29.aug | 1962 |
| Lars Martin Kaupang | 1,51,8  | Oslo / Bislett        | 22.aug | 1973 |
| Lars Martin Kaupang | 1,51,0* | Eugene / Oregon       | 18.mai | 1974 |
| Lars Martin Kaupang | 1,50,6  | Nykøping              | 07.jul | 1975 |
| Lars Martin Kaupang | 1,49,8  | Oslo / Bislett        | 25.mai | 1976 |

\* 880 yards - 0,7 sek

**1500METER**

|                     |          |                      |        |      |
|---------------------|----------|----------------------|--------|------|
| Sigurd Amundsen     | 4,41,3/5 | Larvik / Fram        | 10.okt | 1909 |
| Jacob Haakestad     | 4,36,9   | Porsgrunn            | 15.aug | 1920 |
| Olav Andresen       | 4,29,2   | Kragerød             | jul    | 1931 |
| Rolf Hobæk          | 4,16,0   | Larvik / Lovisenlund | aug    | 1934 |
| Carl Johan Murer    | 4,14,4   |                      |        | 1938 |
| Finn Bjønnes        | 4,11,5   |                      |        | 1938 |
| Finn Bjønnes        | 4,06,2   | Oslo / Bislett       | 10.sep | 1939 |
| Bjame Sletten       | 4,02,5   |                      |        | 1960 |
| Arne German Spook   | 3,59,1   | Bergen               | 18.sep | 1960 |
| Bjame Sletten       | 3,57,7   | Porsgrunn            | 02.jun | 1962 |
| Arne German Spook   | 3,54,4   | Oslo / Bislett       | 07.jun | 1962 |
| Arne German Spook   | 3,53,6   | Oslo / Bislett       | 14.jun | 1962 |
| Arne German Spook   | 3,52,9   | Oslo / Bislett       | 18.jul | 1962 |
| Arne German Spook   | 3,50,4   | Oslo / Bislett       | 09.aug | 1962 |
| Lars Martin Kaupang | 3,47,6   | Oslo / Bislett       | 05.jul | 1973 |
| Lars Martin Kaupang | 3,46,8   | Oslo / Bislett       | 24.jul | 1973 |
| Lars Martin Kaupang | 3,45,1   | Oslo / Bislett       | 23.aug | 1973 |
| Lars Martin Kaupang | 3,41,6   | Oslo / Bislett       | 04.jul | 1974 |
| Lars Martin Kaupang | 3,41,1   | Oslo / Bislett       | 30.jul | 1975 |
| Lars Martin Kaupang | 3,41,08  | Stockholm            | 17.jul | 1975 |
| Lars Martin Kaupang | 3,40,7   | Oslo / Stovner       | 19.mai | 1976 |
| Lars Martin Kaupang | 3,37,4   | Oslo / Bislett       | 30.jun | 1976 |

**3000METER**

|                     |         |                |        |      |
|---------------------|---------|----------------|--------|------|
| Olav Mjelva         | 10,35,7 |                |        |      |
| Olaf Andresen       | 9,45,5  |                | jun    | 1933 |
| Olav Andresen       | 9,41,8  |                |        | 1934 |
| Helge Strand        | 9,26,7  |                |        | 1935 |
| Knut Lier           | 9,24,2  |                |        | 1938 |
| Finn Bjønnes        | 9,22,2  |                |        | 1939 |
| Hans Hansen         | 9,21,6  |                |        | 1939 |
| Thorleif Refsholt   | 9,12,8  |                |        | 1956 |
| Sigmund Engen       | 9,09,6  |                |        | 1956 |
| Bjame Sletten       | 8,35,2  | Oslo / Bislett | 28.aug | 1961 |
| Bjame Sletten       | 8,24,8  | Oslo / Bislett | 06.jun | 1962 |
| Bjame Sletten       | 8,19,8  | Oslo / Bislett | 07.sep | 1965 |
| Bjame Sletten       | 8,17,6  | Oslo / Bislett | 12.jun | 1967 |
| Lars Martin Kaupang | 8,14,0  | Oslo / Bislett | 14.sep | 1973 |
| Lars Martin Kaupang | 8,01,0  | Vesterås       | 27.jun | 1975 |

**1 Engelsk Mil**

|                     |        |                |        |      |
|---------------------|--------|----------------|--------|------|
| Lars Martin Kaupang | 4,10,0 | Eugene         | mai    | 1972 |
| Lars Martin Kaupang | 4,06,5 | Eugene         | 27.apr | 1973 |
| Lars Martin Kaupang | 3,59,9 | Oslo / Bislett | 31.jul | 1974 |

**2000 METER**

|                     |         |          |        |      |
|---------------------|---------|----------|--------|------|
| Lars Martin Kaupang | 5,20,8  | Gøteborg | 30.aug | 1975 |
| Arvid Hansen        | 5,14,94 |          |        | 1982 |
| Arvid Hansen        | 5,06,62 | London   | 29.aug | 1983 |

**5000METER**

|               |         |                   |        |      |
|---------------|---------|-------------------|--------|------|
| Olav Andresen | 16,44,1 | Skien             | 23.aug | 1933 |
| Sigurd Hansen | 16,35,5 |                   |        | 1939 |
| Hans Hansen   | 16,22,8 |                   |        | 1939 |
| Sigmund Engen | 16,08,0 | Larvik / Fram     | 08.aug | 1956 |
| Bjame Sletten | 15,20,7 |                   |        | 1961 |
| Bjame Sletten | 15,18,4 |                   |        | 1961 |
| Bjame Sletten | 15,13,4 |                   |        | 1962 |
| Bjame Sletten | 14,50,0 | Louvain / Bryssel | 06.sep | 1963 |
| Bjame Sletten | 14,27,6 | Oslo / Bislett    | 10.aug | 1965 |

|                     |         |                 |        |      |
|---------------------|---------|-----------------|--------|------|
| Bjame Sletten       | 14,15,6 | Oslo / Bislett  | 01.sep | 1967 |
| Lars Martin Kaupang | 13,56,0 | Gøteborg / Slot | 12.aug | 1975 |

### 10000METER

|                    |         |                        |        |      |
|--------------------|---------|------------------------|--------|------|
| Olav Andresen      | 38,51,0 |                        |        | 1937 |
| Søren Omslandsæter | 36,40,6 | Larvik / Lovisenlund   | 20.jun | 1948 |
| Helge Strand       | 35,42,0 |                        |        | 1948 |
| Thorleif Refsholt  | 34,04,4 | Larvik / Fram          | 09.okt | 1956 |
| Thorleif Refsholt  | 34,04,2 | Tønsberg / Greveskogen | 14.jun | 1957 |
| Bjame Sletten      | 32,41,0 | Tønsberg / Stenmalen   | 30.sep | 1961 |
| Bjame Sletten      | 31,41,8 | Tjølling               | 07.okt | 1962 |
| Bjame Sletten      | 31,39,6 | Horten                 | 25.aug | 1963 |
| Bjame Sletten      | 31,07,0 | Louwain / Brys.        | 05.sep | 1963 |
| Bjame Sletten      | 30,41,4 | Gjøvik                 | 21.aug | 1964 |
| Bjame Sletten      | 30,32,8 | Haugesund              | 29.aug | 1965 |
| Bjame Sletten      | 29,50,8 | Oslo / Bislett         | 27.aug | 1967 |

### 1/2 MARATON

|                |         |        |        |      |
|----------------|---------|--------|--------|------|
| Amfinn Sletten | 1,34,50 |        |        | 1986 |
| Arvid Hansen   | 1,07,19 | Larvik | 07.apr | 1991 |

### MARATON

|               |           |                |        |      |
|---------------|-----------|----------------|--------|------|
| Bjame Sletten | 2,29,20,4 | Drammen        | 01.sep | 1968 |
| Bjame Sletten | 2,22,26,0 | Trondheim      | 02.aug | 1969 |
| Bjame Sletten | 2,22,08   | Stavanger / St | 13.aug | 1972 |

### 110 M HEKK(106,7)

|                 |      |                      |        |      |
|-----------------|------|----------------------|--------|------|
| Olaf Ruud       | 20,3 |                      |        | 1921 |
| Eivind Hobæk    | 16,6 | Tønsberg / Stenmalen | 18.aug | 1934 |
| Teddy Dyring    | 16,6 | Drammen              | 18.aug | 1935 |
| Bjame Hansen    | 16,6 | Larvik /Lovisenlund  |        | 1936 |
| Odd Arne Gulvik | 16,3 |                      | 24.jul | 1948 |
| Odd Arne Gulvik | 15,8 | Drammen              | 15.jun | 1949 |
| Odd Arne Gulvik | 15,8 | Larvik /Lovisenlund  | 19.jun | 1949 |
| Per Lund        | 15,8 | Teie                 | 22.sep | 1963 |

### 200 M HEKK (76,2)

|                      |              |                      |               |             |
|----------------------|--------------|----------------------|---------------|-------------|
| Jostein Myrvang      | 29,0         | Eidanger             | 02.okt        | 1974        |
| Haakon Hellenes      | 27,9         | Tønsberg / Stenmalen | 02.okt        | 1975        |
| Jostein Myrvang      | 27,9         | Sandefjord           | 18.aug        | 1976        |
| Jostein Myrvang      | 27,8         | Horten               | 25.mai        | 1977        |
| Thor Gunnar Holt     | 26,78        | Porsgrunn            | 05.aug        | 1980        |
| Henrik Semb          | 26,58        | Lovisenlund          | 06.sep        | 2017        |
| Alfred Hauane        | 25,86        | Lovisenlund          | 09.sep        | 2020        |
| <b>Alfred Hauane</b> | <b>25,02</b> | <b>Lambertseter</b>  | <b>07.mai</b> | <b>2021</b> |

### 300 M HEKK (91,4)

|                         |              |                       |               |             |
|-------------------------|--------------|-----------------------|---------------|-------------|
| Kristian Triqueno Steen | 41,99        | Rjukan                | 23.aug        | 2020        |
| <b>Alfred Hauane</b>    | <b>39,65</b> | <b>Oslo / Bislett</b> | <b>04.jun</b> | <b>2021</b> |

### 400 M HEKK (91,4)

|                      |              |                      |               |             |
|----------------------|--------------|----------------------|---------------|-------------|
| Teddy Dyring         | 62,0         |                      |               | 1936        |
| Hans Borch-Jensen    | 60,1         | Larvik / Lovisenlund |               | 1937        |
| Odd Arne Gulvik      | 59,2         |                      | 27.aug        | 1948        |
| Reidar Larsen        | 59,0         | Larvik / Lovisenlund | 26.jul        | 1953        |
| Reidar Larsen        | 57,3         | Moss                 |               | 1953        |
| Per Lund             | 55,1         | Trondheim            | 17.aug        | 1963        |
| Henrik Semb          | 54,88        | Larvik / Lovisenlund | 03.aug        | 2018        |
| <b>Alfred Hauane</b> | <b>54,49</b> | <b>Ravnanger</b>     | <b>31.jul</b> | <b>2021</b> |

### 3000 HINDER

|                      |         |                      |        |      |
|----------------------|---------|----------------------|--------|------|
| Bjame Sletten        | 9,51,6  | Tønsberg / Stenmalen |        | 1960 |
| Bjame Sletten        | 9,29,0  | Lillehammer          | 13.aug | 1961 |
| Bjame Sletten        | 9,25,6  | Tønsberg / Stenmalen | 05.okt | 1963 |
| Bjame Sletten        | 9,17,4  | Oslo / Bislett       | 10.sep | 1964 |
| Bjame Sletten        | 9,13,2  | Oslo / Bislett       | 24.sep | 1965 |
| Rune Harald Raugland | 9,12,20 | Oslo / Bislett       | 14.sep | 1982 |
| Rune Harald Raugland | 9,10,84 | Porsgrunn / Kjølnes  | 22.sep | 1982 |
| Arild Haugene        | 9,06,11 | Nesbyen              | 15.sep | 1984 |

### HØYDE

|                   |      |                       |        |      |
|-------------------|------|-----------------------|--------|------|
| Sigurd Amundsen   | 1,72 | Larvik / Fram         | 11.okt | 1908 |
| Rolf Døvre        | 1,75 | Larvik / Lovisenlund  | 08.aug | 1920 |
| Rolf Døvre        | 1,77 | Larvik / Lovisenlund  | 24.jul | 1921 |
| Rolf Døvre        | 1,80 | Oslo / Frogner        | 11.sep | 1921 |
| Jostein Myrvang   | 1,81 | Horten                | 17.sep | 1966 |
| Jostein Myrvang   | 1,82 | Tønsberg / Stenmalen  | 08.aug | 1972 |
| Jostein Myrvang   | 1,83 | Kragerød              | 31.aug | 1974 |
| Haakon Hellenes   | 1,85 | Stjørdal              | 21.jun | 1975 |
| Carl C. Seierstad | 1,90 | Larvik / Lovisenlund  | 13.mai | 1978 |
| Carl C. Seierstad | 1,91 | Tønsberg / Stenmalen  | 10.sep | 1978 |
| Carl C. Seierstad | 1,95 | Larvik / Lovisenlund  | 10.jun | 1979 |
| Bjørn E. Ødegaard | 1,95 | Larvik / Lovisenlund  | 02.sep | 1979 |
| Bjørn E. Ødegaard | 1,96 | Sandefjord / Bugården | 09.sep | 1979 |
| Bjørn E. Ødegaard | 1,98 | Tønsberg / Stenmalen  | 06.jun | 1981 |

|                   |      |                      |        |      |
|-------------------|------|----------------------|--------|------|
| Bjørn E. Ødegaard | 1,99 | Larvik / Lovisenlund | 07.jun | 1981 |
| Bjørn E. Ødegaard | 2,09 | Oslo / Bislett       | 17.jun | 1982 |
| Bjørn E. Ødegaard | 2,12 | Larvik / Lovisenlund | 20.jun | 1982 |
| Bjørn E. Ødegaard | 2,14 | Byrkjelo             | 01.jul | 1984 |

#### HØYDE U.T.

|                 |        |                        |        |      |
|-----------------|--------|------------------------|--------|------|
| Ole Ludvigsen   | 1,40   |                        |        | 1934 |
| Teddy Dyring    | 1,42   |                        |        | 1935 |
| Eivind Sørensen | 1,44   |                        |        | 1936 |
| Eivind Sørensen | 1,50   |                        |        | 1938 |
| Hans Jacobsen   | 1,50   | Larvik / Romberggata   | 18.mar | 1958 |
| Hans Jacobsen   | 1,52   | Larvik / Romberggata   | 02.mar | 1962 |
| Odd Jacobsen    | 1,52   | Larvik / Romberggata   | 02.mar | 1962 |
| Jostein Myrvang | 1,53   | Tønsberg               | 17.feb | 1963 |
| Jostein Myrvang | 1,55   | Larvik / Romberggata   | 22.feb | 1963 |
| Jostein Myrvang | 1,56   | Larvik / Fram          | 02.mar | 1963 |
| Jostein Myrvang | 1,58   | Sandefjord / Handelsg. | 14.des | 1963 |
| Jostein Myrvang | 1,60   | Larvik / Fram          | 24.nov | 1964 |
| Jostein Myrvang | 1,62   | Larvik / Fram          | 06.des | 1964 |
| Jostein Myrvang | 1,66   | Larvik / Fram          | 10.jan | 1965 |
| Jostein Myrvang | 1,66.9 | Tjølling / Tjodalyng   | 21.jan | 1965 |
| Jostein Myrvang | 1,66   | Larvik / Farrishallen  | 07.mar | 1965 |

#### LENGDE

|                 |      |                      |        |      |
|-----------------|------|----------------------|--------|------|
| Sigurd Amundsen | 5,63 |                      | 26.sep | 1909 |
| Rolf Døvre      | 5,97 | Larvik / Lovisenlund | 08.aug | 1920 |
| Edgar Lund      | 6,17 | Tønsberg / Stenmalen |        | 1928 |
| Edgar Lund      | 6,43 | Tønsberg / Stenmalen |        | 1928 |
| Henrik Schrøder | 6,55 |                      |        | 1937 |
| Henrik Schrøder | 6,61 | Larvik               | 12.aug | 1939 |
| Henrik Schrøder | 6,72 | Tyskland             |        | 1939 |
| Jostein Myrvang | 6,74 | Larvik / Fram        | 15.jun | 1966 |
| Jostein Myrvang | 6,83 | Sandefjord           | 08.aug | 1966 |

#### LENGDE U.T.

|                 |        |                      |        |      |
|-----------------|--------|----------------------|--------|------|
| Thomas Hysing   | 2,91   |                      |        | 1934 |
| Eivind Sørensen | 2,99   |                      |        | 1936 |
| Eivind Sørensen | 3,04   |                      |        | 1936 |
| Odd Arne Gulvik | 3,06   | Larvik / Turnhallen  | mars   | 1946 |
| Odd Arne Gulvik | 3,13   |                      |        | 1947 |
| Odd Arne Gulvik | 3,13,5 | Larvik / Turnhallen  |        | 1947 |
| Jostein Myrvang | 3,17   | Larvik / Romberggata | 26.feb | 1965 |
| Kjetil Fevik    | 3,25   | Trondheim            | 24.feb | 1978 |
| Kjetil Fevik    | 3,30   | Trondheim            | 21.feb | 1979 |

#### TRESTEG

|                 |       |                      |        |      |
|-----------------|-------|----------------------|--------|------|
| Sigurd Amundsen | 11,15 | Larvik / Fram        | jun    | 1909 |
| Sigurd Amundsen | 12,19 |                      | 26.sep | 1909 |
| H. Jensen       | 12,35 |                      |        | 1919 |
| Rolf Døvre      | 12,85 | Larvik / Lovisenlund | 08.aug | 1920 |
| Rolf Døvre      | 13,22 | Porsgrunn            | 15.aug | 1920 |
| Edgar Lund      | 13,56 | Tønsberg / Stenmalen | 12.aug | 1928 |
| Jostein Myrvang | 13,79 | Tønsberg / Stenmalen | 25.sep | 1966 |
| Jostein Myrvang | 13,94 | Eidanger             | 18.aug | 1971 |

#### STAV

|                 |      |                      |        |      |
|-----------------|------|----------------------|--------|------|
| Ame Eduardsen   | 2,60 | Larvik / Fram        | 02.okt | 1921 |
| Ole Ludvigsen   | 2,70 | Larvik / Lovisenlund | okt    | 1929 |
| Ole Ludvigsen   | 2,88 |                      |        | 1934 |
| Teddy Dyring    | 2,90 |                      |        | 1936 |
| Torleiv Kronen  | 3,01 | Larvik / Lovisenlund | 13.sep | 1948 |
| Torleiv Kronen  | 3,06 | Tønsberg / Stenmalen | 12.aug | 1948 |
| Torleiv Kronen  | 3,10 |                      | 31.aug | 1948 |
| Egil Lærum      | 3,10 |                      | 31.aug | 1948 |
| Rolf Skrøen     | 3,60 | Porsgrunn            | 02.jun | 1962 |
| Rolf Skrøen     | 3,70 |                      |        | 1962 |
| Rolf Skrøen     | 3,80 | Hamar                | 04.aug | 1962 |
| Rolf Skrøen     | 3,90 | Ålesund              | 11.aug | 1962 |
| Haakon Hellenes | 4,10 | Athen Hellas         | 05.jun | 1977 |

#### DISKOS

|                  |       |                      |        |      |
|------------------|-------|----------------------|--------|------|
| Ame Eduardsen    | 31,53 |                      |        | 1919 |
| Olaf Ruud        | 32,24 | Larvik/Lovisenlund   | 08.aug | 1920 |
| Jørgen Hansen    | 33,00 | Larvik/Lovisenlund   | 12.sep | 1920 |
| Ame Eduardsen    | 34,78 | Horten               | 11.jun | 1921 |
| Ame Eduardsen    | 36,01 |                      |        | 1933 |
| Ragnar Daae      | 37,02 |                      |        | 1934 |
| Ragnar Daae      | 38,84 |                      |        | 1935 |
| Ragnar Daae      | 39,97 |                      |        | 1936 |
| Øivind Eduardsen | 42,59 | Oslo / Bislett       | 12.sep | 1948 |
| Øivind Eduardsen | 42,86 | Oslo / Bislett       | 16.sep | 1948 |
| Øivind Eduardsen | 43,34 | Oslo / Bislett       | 03.jun | 1949 |
| Øivind Eduardsen | 44,51 | Larvik / Lovisenlund | 06.aug | 1949 |

|                  |       |                       |        |      |
|------------------|-------|-----------------------|--------|------|
| Øivind Eduardsen | 46,48 | Larvik/Lovisenlund    | 14.aug | 1949 |
| Jostein Myrvang  | 46,86 | Saffle- Sverige       | 16.jul | 1966 |
| Kjetil Fevik     | 47,18 | Ski                   | 19.jun | 1974 |
| Kjetil Fevik     | 47,48 | Stavanger             | 04.aug | 1974 |
| Kjetil Fevik     | 47,52 | Brunlanes / Halle     | 28.sep | 1974 |
| Kjetil Fevik     | 47,52 | Brunlanes / Halle     | 16.jun | 1976 |
| Kjetil Fevik     | 48,26 | Holmsbu               | 25.jun | 1976 |
| Kjetil Fevik     | 48,94 | Sandefjord / Bugården | 21.aug | 1977 |
| Kjetil Fevik     | 49,26 |                       | jun    | 1978 |
| Kjetil Fevik     | 50,00 | Holmsbu               | 09.jun | 1978 |
| Kjetil Fevik     | 51,54 | Oslo / Bislett        | 20.jun | 1978 |

#### KULE

|                  |       |                        |        |      |
|------------------|-------|------------------------|--------|------|
| Rolf Døvle       | 11,35 | Larvik/Lovisenlund     | 08.aug | 1920 |
| Jørgen Hansen    | 11,90 | Larvik/Lovisenlund     | 25.sep | 1921 |
| Ame Eduardsen    | 12,14 |                        | 28.jul | 1933 |
| Ame Eduardsen    | 12,48 |                        | 13.aug | 1933 |
| Ame Eduardsen    | 13,14 | Skien                  | 23.aug | 1933 |
| Egil Eide        | 13,31 | Larvik/Fram            | 20.jun | 1947 |
| Ragnar Skautvedt | 13,40 | Fram                   | 15.aug | 1957 |
| Ragnar Skautvedt | 13,75 | Kristianstad - Sverige |        | 1957 |
| Ragnar Skautvedt | 13,92 | Larvik / Lovisenlund   | 27.jun | 1959 |
| Ragnar Skautvedt | 14,19 | Larvik / Lovisenlund   | 07.aug | 1959 |
| Kjetil Fevik     | 14,27 | Larvik / Lovisenlund   | 29.jul | 1978 |

#### SLEGG

|                   |       |                      |        |      |
|-------------------|-------|----------------------|--------|------|
| Jørgen Hansen     | 22,45 | Larvik / Lovisenlund | 05.sep | 1920 |
| Hans Borch-Jensen | 30,40 | Larvik / Lovisenlund |        | 1936 |
| Hans Borch-Jensen | 31,84 | Larvik / Lovisenlund |        | 1937 |
| Hans Borch-Jensen | 37,55 |                      | aug    | 1938 |
| Hans Borch-Jensen | 39,85 | Tønsberg / Stenmalen | 19.jun | 1939 |
| Hans Borch-Jensen | 40,40 | Larvik / Lovisenlund | 04.aug | 1948 |
| Hans Borch-Jensen | 46,12 | Larvik / Lovisenlund | 06.aug | 1949 |
| Hans Borch-Jensen | 46,21 | Oslo                 | 27.jul | 1950 |
| Jostein Myrvang   | 46,54 | Larvik / Lovisenlund | 16.aug | 1972 |
| Jostein Myrvang   | 46,86 | Tønsberg / Stenmalen | 20.aug | 1972 |
| Jostein Myrvang   | 46,92 | Larvik / Lovisenlund | 22.jun | 1973 |
| Jostein Myrvang   | 47,20 | Larvik / Lovisenlund | 20.jul | 1973 |
| Bjørn Odberg      | 47,60 | Larvik / Lovisenlund | 17.sep | 1974 |
| Jostein Myrvang   | 47,76 | Tønsberg / Stenmalen | 12.sep | 1979 |
| Jostein Myrvang   | 47,80 | Tønsberg / Stenmalen | 06.mai | 1981 |
| Jostein Myrvang   | 47,84 | Tønsberg / Stenmalen | 11.sep | 1983 |

#### SPYD

|                |       |                      |        |      |
|----------------|-------|----------------------|--------|------|
| Ame Eduardsen  | 49,55 | Larvik / Lovisenlund | 22.mai | 1919 |
| Rolf Døvle     | 49,65 | Larvik / Lovisenlund | 24.jul | 1921 |
| Ame Eduardsen  | 51,10 | Horten               | 11.jun | 1922 |
| Rolf Døvle     | 53,94 |                      |        | 1923 |
| Egil Lærum     | 58,10 | Moss                 | 18.aug | 1946 |
| Egil Lærum     | 58,82 | Vikersund            | 14.sep | 1947 |
| Ragnar Bergene | 59,42 | Tjølling             | 09.sep | 1961 |
| Ragnar Bergene | 61,74 | Larvik / Lovisenlund | 01.sep | 1962 |
| Ragnar Bergene | 62,16 | Tønsberg / Stenmalen | 27.jul | 1963 |
| Ragnar Bergene | 63,56 | Ski                  | 11.aug | 1963 |
| Ragnar Bergene | 65,30 | Teie                 | 23.aug | 1963 |
| Ragnar Bergene | 65,94 | Tønsberg / Stenmalen | 16.aug | 1964 |
| Ragnar Bergene | 69,34 | Skien                |        | 1965 |

#### SPYD ny type etter 1986

|                       |       |                      |        |      |
|-----------------------|-------|----------------------|--------|------|
| Dag Thorstensen       | 48,22 |                      |        | 1988 |
| Knut Jørgen Haug      | 49,28 |                      |        | 1988 |
| Haldor Knive Andersen | 51,02 | Larvik / Lovisenlund | 06.sep | 2018 |

#### VETKAST

|                 |       |                 |        |      |
|-----------------|-------|-----------------|--------|------|
| Jostein Myrvang | 13,54 | Oslo / Sogn     | 21.sep | 1991 |
| Jostein Myrvang | 13,58 | Buffalo / USA   | 22.jul | 1995 |
| Jostein Myrvang | 13,90 | Malmø / Sverige | 27.jul | 1996 |

#### 5-KAMP

Ny tabell i 2002

|                    |             |              |         |        |      |
|--------------------|-------------|--------------|---------|--------|------|
| Ame Eduardsen      | 2439p       | Lengde 5,55  | 492     | 22.mai | 1919 |
|                    |             | Spyd 49,55   | 582     |        |      |
|                    |             | 200 26,5     | 467     |        |      |
|                    |             | Diskos 31,53 | 494     |        |      |
|                    |             | 1500 5,29,1  | 404     |        |      |
| Henrik A. Schrøder | 2402p       | Lengde 6,26  | 644     |        | 1940 |
|                    | 1934 tabell | Spyd         | ??????? |        |      |

|                  |             |              |         |             |      |
|------------------|-------------|--------------|---------|-------------|------|
|                  | ca 2600p    | 200 24,9     | 594     |             |      |
|                  | 1984 tabell | Diskos 32,31 | 510     |             |      |
|                  |             | 1500         | ??????? |             |      |
| Odd Arne Gulvik  | 3013p       | Lengde 6,12  | 613     | 20.jun      | 1948 |
|                  |             | Spyd 39,11   | 429     |             |      |
|                  |             | 200 24,7     | 611     |             |      |
|                  |             | Diskos 36,22 | 588     |             |      |
|                  |             | 1500 4,25,8  | 772     |             |      |
| Ragnar Skautvedt | 3069p       | Lengde 5,86  | 556     | 15.jun      | 1958 |
|                  |             | Spyd 40,25   | 446     | Larvik      |      |
|                  |             | 200 23,9     | 681     |             |      |
|                  |             | Diskos 40,01 | 665     |             |      |
|                  |             | 1500 4,33,6  | 721     |             |      |
| Ragnar Skautvedt | 3132p       | Lengde 6,18  | 626     | 22.jun      | 1958 |
|                  |             | Spyd 41,77   | 468     | Kongsvinger |      |
|                  |             | 200 24,0     | 672     |             |      |
|                  |             | Diskos 39,87 | 662     |             |      |
|                  |             | 1500 4,36,2  | 704     |             |      |
| Jostein Myrvang  | 3145p       | Lengde 6,74  | 753     | 15.jun      | 1966 |
|                  |             | Spyd 47,62   | 553     | Fram        |      |
|                  |             | 200 24,3     | 645     |             |      |
|                  |             | Diskos 39,65 | 649     |             |      |
|                  |             | 1500 5,04,0  | 537     |             |      |

|                 |       |                      |                         |             |      |
|-----------------|-------|----------------------|-------------------------|-------------|------|
|                 |       | <b>KAST 5-KAMP</b>   | <i>Ny tabell i 2002</i> |             |      |
| Jostein Myrvang | 2728p | Slegge 7,26 43,16    | 564                     | 21.sep      | 1991 |
|                 |       | Kule 7,26 11,00      | 546                     | Oslo / Sogn |      |
|                 |       | Diskos 2 34,94       | 562                     |             |      |
|                 |       | Spyd 800 37,36       | 404                     |             |      |
|                 |       | Vektkast 15,88 13,54 | 652                     |             |      |
| Jostein Myrvang | 2751p | Slegge 7,26 43,16    | 564                     | 16.okt      | 1993 |
|                 |       | Kule 7,26 10,84      | 536                     | Miyasaki    |      |
|                 |       | Diskos 2 37,92       | 622                     | Japan       |      |
|                 |       | Spyd 800 38,40       | 419                     |             |      |
|                 |       | Vektkast 15,88 12,80 | 610                     |             |      |
| Jostein Myrvang | 2818p | Slegge 7,26 44,66    | 588                     | 22.jul      | 1995 |
|                 |       | Kule 7,26 11,15      | 555                     | Buffalo     |      |
|                 |       | Diskos 2 38,12       | 626                     | USA         |      |
|                 |       | Spyd 800 36,76       | 395                     |             |      |
|                 |       | Vektkast 15,88 13,58 | 654                     |             |      |

|                 |       |                 |                         |                |      |
|-----------------|-------|-----------------|-------------------------|----------------|------|
|                 |       | <b>10-KAMP</b>  | <i>Ny tabell i 2002</i> |                |      |
| Odd Arne Gulvik | 5262p | 100 m 11,8      | 643                     | 13-14 juli     | 1947 |
|                 |       | Lengde 5,87     | 559                     | Larvik / Lovis |      |
|                 |       | Kule 10,73      | 530                     |                |      |
|                 |       | Høyde 1,69      | 536                     |                |      |
|                 |       | 400 m 56,4      | 538                     |                |      |
|                 |       | 110 m Hekk 17,7 | 530                     |                |      |
|                 |       | Diskos 35,23    | 568                     |                |      |
|                 |       | Stav 2,30       | 199                     |                |      |
|                 |       | Spyd 39,70      | 438                     |                |      |
|                 |       | 1500 m 4,33,6   | 721                     |                |      |

|                 |       |                 |     |           |      |
|-----------------|-------|-----------------|-----|-----------|------|
| Odd Arne Gulvik | 5646p | 100 m 12,1      | 586 | 14-15 aug | 1948 |
|                 |       | Lengde 6,20     | 630 |           |      |
|                 |       | Kule 11,53      | 578 |           |      |
|                 |       | Høyde 1,73      | 569 |           |      |
|                 |       | 400 m 54,3      | 622 |           |      |
|                 |       | 110 m Hekk 16,5 | 652 |           |      |
|                 |       | Diskos 33,41    | 532 |           |      |
|                 |       | Stav 2,90       | 333 |           |      |
|                 |       | Spyd 39,24      | 431 |           |      |
|                 |       | 1500 m 4,34,8   | 713 |           |      |

|                 |       |                 |     |           |      |
|-----------------|-------|-----------------|-----|-----------|------|
| Odd Arne Gulvik | 5914p | 100 m 11,9      | 624 | 18-19 sep | 1948 |
|                 |       | Lengde 6,48     | 693 | Gjøvik    |      |
|                 |       | Kule 11,87      | 599 |           |      |
|                 |       | Høyde 1,71      | 552 |           |      |
|                 |       | 400 m 53,8      | 642 |           |      |
|                 |       | 110 m Hekk 16,5 | 652 |           |      |
|                 |       | Diskos 37,14    | 607 |           |      |
|                 |       | Stav 3,00       | 357 |           |      |

|                 |       |                  |     |              |      |
|-----------------|-------|------------------|-----|--------------|------|
|                 |       | Spyd 40,40       | 448 |              |      |
|                 |       | 1500 m 4,30,7    | 740 |              |      |
| Jostein Myrvang | 5962p | 100 m 11,9       | 624 | 19-20 sep    | 1970 |
|                 |       | Lengde 6,32      | 657 | Larvik/Lovis |      |
|                 |       | Kule 13,00       | 667 |              |      |
|                 |       | Høyde 1,80       | 627 |              |      |
|                 |       | 400 m 55,4       | 577 |              |      |
|                 |       | 110 m Hekk 18,0  | 501 |              |      |
|                 |       | Diskos 43,02     | 726 |              |      |
|                 |       | Stav 3,30        | 431 |              |      |
|                 |       | Spyd 45,54       | 523 |              |      |
|                 |       | 1500 m 4,48,3    | 629 |              |      |
| Haakon Hellenes | 6256p | 100 m 11,8       | 643 | 17-18 juli   | 1976 |
|                 |       | Lengde 6,12      | 613 | Lyngby       |      |
|                 |       | Kule 12,33       | 626 | Danmark      |      |
|                 |       | Høyde 1,79       | 619 |              |      |
|                 |       | 400 m 52,6       | 693 |              |      |
|                 |       | 110 m Hekk 16,3w | 673 |              |      |
|                 |       | Diskos 38,06     | 625 |              |      |
|                 |       | Stav 3,50        | 482 |              |      |
|                 |       | Spyd 44,78       | 512 |              |      |
|                 |       | 1500 m 4,26,2    | 770 |              |      |
| Haakon Hellenes | 6314p | 100 m 11,8       | 643 | 21-22 juli   | 1976 |
|                 |       | Lengde 6,32      | 657 | Oslo/Bislett |      |
|                 |       | Kule 12,29       | 624 |              |      |
|                 |       | Høyde 1,83       | 653 |              |      |
|                 |       | 400 m 51,5       | 741 |              |      |
|                 |       | 110 m Hekk 16,5  | 652 |              |      |
|                 |       | Diskos 38,00     | 624 |              |      |
|                 |       | Stav 3,40        | 457 |              |      |
|                 |       | Spyd 48,22       | 562 |              |      |
|                 |       | 1500 m 4,36,8    | 701 |              |      |
| Haakon Hellenes | 6594p | 100 m 11,94      | 663 | 04-05 juni   | 1977 |
|                 |       | Lengde 6,49      | 695 | Athen        |      |
|                 |       | Kule 12,26       | 622 | Hellas       |      |
|                 |       | Høyde 1,78       | 610 |              |      |
|                 |       | 400 m 51,91      | 729 |              |      |
|                 |       | 100 m Hekk 16,30 | 699 |              |      |
|                 |       | Diskos 38,20     | 628 |              |      |
|                 |       | Stav 4,10        | 645 |              |      |
|                 |       | Spyd 52,26       | 622 |              |      |
|                 |       | 1500 m 4,39,92   | 681 |              |      |