



## Testrekorder Sandefjord Roklubb



Gjeldende fra og med innesesongen 1999

### Jenter:

#### Jr. C

|                    |        |                |      |
|--------------------|--------|----------------|------|
| <b>60 "</b>        | 300    | Johanne Lavoll | 2009 |
| <b>500 m</b>       | 1.53,1 | Johanne Lavoll | 2009 |
| <b>3000 m</b>      | 13.54  | Johanne Lavoll | 2009 |
| <b>Seargeant B</b> | 31 cm  | Johanne Lavoll | 2009 |
| <b>Opptrekk</b>    | 8      | Johanne Lavoll | 2007 |

#### Jr. B

|                    |        |                         |      |
|--------------------|--------|-------------------------|------|
| <b>60 "</b>        | 341    | Vilde Maria Lavoll      | 2008 |
| <b>500 m</b>       | 1.51,0 | Michelle Kragh Andersen | 2002 |
| <b>2000 m</b>      | 8.13,0 | Michelle Kragh Andersen | 2002 |
| <b>3000 m</b>      | 12.18  | Johanne Lavoll          | 2010 |
| <b>Seargeant B</b> | 45 cm  | Vilde Maria Lavoll      | 2007 |
| <b>Opptrekk</b>    | 8      | Johanne Lavoll          | 2010 |

#### Jr. A

|                       |         |                         |      |
|-----------------------|---------|-------------------------|------|
| <b>60 "</b>           | 374     | Michelle Kragh Andersen | 2004 |
| <b>500 m</b>          | 1.41,4  | Michelle Kragh Andersen | 2004 |
| <b>2000 m</b>         | 7.39,2  | Michelle Kragh Andersen | 2004 |
| <b>5000 m</b>         | 20.14,9 | Michelle Kragh Andersen | 2004 |
| <b>Seargeant B</b>    | 43 cm   | Vilde Maria Lavoll      | 2010 |
| <b>Liggende rotak</b> | 50 kg   | Nelia Guldbrandsen      | 2005 |

### Gutter:

#### Jr. C:

|                    |        |                       |      |
|--------------------|--------|-----------------------|------|
| <b>60 "</b>        | 396 W  | Sofus Elnan           | 2003 |
| <b>500 m</b>       | 1.36,9 | Sofus Elnan           | 2003 |
| <b>3000 m</b>      | 10.57  | Øyvind Lavoll         | 2005 |
| <b>Seargeant B</b> | 44 cm  | Ulrik Holtan Pedersen | 2010 |
| <b>Opptrekk</b>    | 5 stk  | Øyvind Lavoll         | 2005 |

#### Jr. B:

|                    |        |                       |      |
|--------------------|--------|-----------------------|------|
| <b>60 "</b>        | 528    | Mads Odden            | 2004 |
| <b>500 m</b>       | 1.33,0 | Øyvind Lavoll         | 2007 |
| <b>2000 m</b>      | 6.50,6 | Øyvind Lavoll         | 2007 |
| <b>3000 m</b>      | 10.22  | Øyvind Lavoll         | 2007 |
| <b>Seargeant B</b> | 53 cm  | Ulrik Holtan Pedersen | 2011 |
| <b>Opptrekk</b>    | 11 stk | Øyvind Lavoll         | 2007 |

#### Jr. A:

|                       |         |                    |      |
|-----------------------|---------|--------------------|------|
| <b>60 "</b>           | 640 W   | Mads Odden         | 2006 |
| <b>500 m</b>          | 1.26,0  | Mads Odden         | 2006 |
| <b>2000 m</b>         | 6.24,5  | Kris Cato Tohn     | 2010 |
| <b>5000 m</b>         | 17.02,0 | Kris Cato Tohn     | 2010 |
| <b>Liggende rotak</b> | 93 kg   | Kris Cato Tohn     | 2010 |
| <b>Seargeant B</b>    | 59 cm   | Markus Christensen | 2008 |

## **Senior:**

### Damer:

Ingen resultater foreligger

### Herrer:

#### U23 tungvekt:

|                       |         |                |      |
|-----------------------|---------|----------------|------|
| <b>60 "</b>           | 625 W   | Mads Odden     | 2007 |
| <b>500 m</b>          | 1.23,6  | Mads Odden     | 2009 |
| <b>2000 m</b>         | 6.16,1  | Kris Cato Tohn | 2011 |
| <b>5000 m</b>         | 16.46,2 | Kris Cato Tohn | 2011 |
| <b>Liggende rotak</b> | 100 kg  | Mads Z. Olsen  | 2007 |
| <b>Knebøy</b>         | 125 kg  | Mads Odden     | 2007 |

#### U23 lettvekt:

|                       |          |                                    |      |
|-----------------------|----------|------------------------------------|------|
| <b>60"</b>            | 600 W    | Øyvind Lavoll / Markus Christensen | 2011 |
| <b>500 m</b>          | 1.28,8   | Øyvind Lavoll                      | 2010 |
| <b>2000 m</b>         | 6.33,4   | Øyvind Lavoll                      | 2011 |
| <b>5000 m</b>         | 17.32,7  | Øyvind Lavoll                      | 2010 |
| <b>Liggende rotak</b> | 90 kg    | Øyvind Lavoll                      | 2010 |
| <b>Knebøy</b>         | 142,5 kg | Øyvind Lavoll                      | 2011 |

### Senior:

|                       |         |                   |      |
|-----------------------|---------|-------------------|------|
| <b>60"</b>            | 723 W   | Mads Odden        | 2011 |
| <b>500 m</b>          | 1.23,3  | Ingar Engen       | 2003 |
| <b>2000 m</b>         | 6.34,3  | Mads Odden        | 2011 |
| <b>5000 m</b>         | 17.33,9 | Mads Odden        | 2011 |
| <b>Liggende rotak</b> | 105 kg  | Brian K. Andersen | 2008 |
| <b>Knebøy</b>         | 120 kg  | Mads Odden        | 2011 |

#### Senior lettvekt:

|                       |         |             |      |
|-----------------------|---------|-------------|------|
| <b>60 "</b>           | 499 W   | Frode Hynne | 2004 |
| <b>500 m</b>          | 1.33,8  | Frode Hynne | 2006 |
| <b>2000 m</b>         | 6.48,2  | Frode Hynne | 2004 |
| <b>5000 m</b>         | 18.05,4 | Frode Hynne | 2003 |
| <b>Liggende rotak</b> |         |             |      |
| <b>Knebøy</b>         |         |             |      |

#### Masters A (27-35):

|                       |         |                                |      |
|-----------------------|---------|--------------------------------|------|
| <b>60 "</b>           | 538 W   | Christian Røsjorde/Frode Hynne | 2011 |
| <b>500 m</b>          | 1.31,1  | Christian Røsjorde             | 2004 |
| <b>1000 m</b>         | 3.29    | Christian Røsjorde             | 2004 |
| <b>2000 m</b>         | 6.39,2  | Gisle Kjellevold               | 2011 |
| <b>5000 m</b>         | 17.41,4 | Gisle Kjellevold               | 2011 |
| <b>Liggende rotak</b> |         |                                |      |
| <b>Knebøy</b>         |         |                                |      |

#### Masters B (36-42):

|                       |         |             |      |
|-----------------------|---------|-------------|------|
| <b>60 "</b>           |         |             |      |
| <b>500 m</b>          | 1.23,3  | Ingar Engen | 2003 |
| <b>1000 m</b>         | 3.04,1  | Ingar Engen | 2004 |
| <b>2000 m</b>         | 6.37,1  | Ingar Engen | 2003 |
| <b>5000 m</b>         | 18.05,1 | Ingar Engen | 2004 |
| <b>Liggende rotak</b> |         |             |      |
| <b>Knebøy</b>         |         |             |      |

Masters C (43-49):

|                       |         |                     |      |
|-----------------------|---------|---------------------|------|
| <b>60 "</b>           | 483 W   | Bjørn Aakerholt     | 2011 |
| <b>500 m</b>          |         |                     |      |
| <b>1000 m</b>         | 3.48,6  | Per-Fredrik Isaksen | 2002 |
| <b>2000 m</b>         | 7.16,1  | Asbjørn Lavoll      | 2008 |
| <b>5000 m</b>         | 19.06,8 | Asbjørn Lavoll      | 2008 |
| <b>Liggende rotak</b> | 70 kg   | Asbjørn Lavoll      | 2008 |
| <b>Knebøy</b>         | 80 kg   | Asbjørn Lavoll      | 2008 |

Masters D: (50-54):

|                       |         |                      |      |
|-----------------------|---------|----------------------|------|
| <b>60 "</b>           | 453 W   | Asbjørn Lavoll       | 2009 |
| <b>500 m</b>          |         |                      |      |
| <b>1000 m</b>         | 3.28,7  | Per Hotvedt          | 2002 |
| <b>2000 m</b>         |         |                      |      |
| <b>5000 m</b>         | 19.06,9 | Christopher Gallaher | 2004 |
| <b>Liggende rotak</b> |         |                      |      |
| <b>Knebøy</b>         |         |                      |      |

Masters E (55-59):

|                       |         |                      |      |
|-----------------------|---------|----------------------|------|
| <b>60 "</b>           | 458 W   | Åge Arnesen          | 2010 |
| <b>500 m</b>          |         |                      |      |
| <b>1000 m</b>         | 3.41    | Christopher Gallaher | 2005 |
| <b>2000 m</b>         | 7.03,5  | Arvid Lie            | 2011 |
| <b>5000 m</b>         | 18.45,7 | Arild Tohn           | 2008 |
| <b>Liggende rotak</b> | 80 kg   | Arild Tohn           | 2008 |
| <b>Knebøy</b>         | 90 kg   | Arild Tohn           | 2008 |

Masters F (60-64):

|                       |         |                 |      |
|-----------------------|---------|-----------------|------|
| <b>60 "</b>           | 456 W   | Arild Tohn      | 2008 |
| <b>500 m</b>          |         |                 |      |
| <b>1000 m</b>         | 3.45,0  | Per Hotvedt     | 2009 |
| <b>2000 m</b>         | 7.24,9  | Åge Arnesen     | 2011 |
| <b>5000 m</b>         | 19.19,8 | Åge Arnesen     | 2011 |
| <b>Liggende rotak</b> | 73 kg   | Arild Pettersen | 2011 |
| <b>Sergeant B</b>     |         |                 |      |