

JÄRVSÖ IF FRIIDROTT

ÅRSSTATISTIK 2014

(26 sept. 2014)

UTOMHUS

Löpning 80 m Pojkar

| | | | | |
|--------------|---------------------|-----|----------------------|---------|
| 11.14 (-1,0) | Emanuel Forsell -99 | P15 | Bilmetrospele, Falun | 31 maj |
| 11.46 (+0,8) | Hampus Danhard -99 | P15 | TS-Cupen, Hudiksvall | 24 juni |

Löpning 100m Män

| | | | | |
|--------------|----------------------|-----|---------------------------------|----------|
| 11.08 (+1,3) | Tarley Allison -97 | P17 | Gulf of Botnia, Söderhamn | 12 juli |
| 12.02 (+0,7) | Babakar Lo -97 | P17 | DM, Söderhamn | 19 aug. |
| 13.40 (+0,6) | Hermon Beriku -97 | P17 | Strands Ungdomsspel, Hudiksvall | 31 aug. |
| 13.79 (+) | Filemon Molugeta -97 | P17 | Lilla Olympiaden, Järvsö | 21 sept. |
| 14.85 (+1,7) | Mats Höglund -51 | M60 | DM, Söderhamn | 19 aug. |
| 15.22 (+1,1) | Ulf Danhard -68 | M45 | Team Sportia Cup, Hudiksvall | 24 juni |
| 16.61 (+0,7) | Jonas Wiklund -71 | M40 | Team Sportia Cup, Bollnäs | 27 maj |
| 17.60 (+1,7) | Daniel Edlund -76 | M35 | DM, Söderhamn | 19 aug. |
| 21.57 (+1,7) | Axel Fernaeus -28 | M85 | DM, Söderhamn | 19 aug. |
| 22.02 (+0,5) | Göran Ström -52 | M60 | Järvsöspelen | 1 juli |

Medvind

| | | | | |
|--------------|--------------------|-----|------------------------|---------|
| 10.91 (+2,1) | Tarley Allison -97 | P17 | Wind Sprint, Sundsvall | 20 juli |
| 12.01 (+2,6) | Babakar Lo -97 | P17 | SAYO, Söllentuna | 7 juni |

Löpning 100m Kvinnor

| | | | | |
|--------------|---------------------|-----|---------------------------|---------|
| 13.88 (-0,9) | Sofie From -97 | F17 | DM, Söderhamn | 19 aug. |
| 14.58 (+1,3) | Zara Nyholmer -98 | F17 | Gulf of Botnia, Söderhamn | 12 juli |
| 15.46 (-0,9) | Karin Wählstedt -60 | K50 | DM, Söderhamn | 19 aug. |
| 15.55 (-0,9) | Gina Engberg -71 | K40 | DM, Söderhamn | 19 aug. |
| 16.48 (-0,9) | Karin Olsson -61 | K50 | DM, Söderhamn | 19 aug. |
| 16.50 (-0,8) | Safaa Gango -97 | F17 | Niklas Minne, Söderhamn | 17 maj |
| 19.54 (-0,9) | Fatemeh Heidari -97 | F17 | Skadespelen, Gävle | 11 maj |
| 23.10 (-0,9) | Siv Nilsson -66 | K45 | DM, Söderhamn | 19 aug. |
| 23.51 (+0,2) | Eva Bolander -55 | K55 | Järvsöspelen | 1 juli |

Löpning 200m Män

| | | | | |
|----------------|--------------------|-----|---------------------------|---------|
| 22.61 (+0,8) | Tarley Allison -97 | P17 | Gefle Games | 19 juli |
| 24.47 (+0,7) | Babakar Lo -97 | P17 | SAYO, Söllentuna | 8 juni |
| 27.21 (-1,6) | Fars Tekeste -97 | P17 | Skadespelen, Gävle | 11 maj |
| 27.41 (-0,9) | John Mehari -96 | P19 | Team Sportia Cup, Bollnäs | 2 sept. |
| 28.62 (-0,7) | Hermon Beriku -97 | P17 | Team Sportia Cup, Bollnäs | 2 sept. |
| 30.26 (+0,3) | Mats Höglund -51 | M60 | Veteran-SM, Huddinge | 26 juli |
| 30.37 (-1,6) | Hampus Danhard -99 | P15 | Skadespelen, Gävle | 11 maj |
| 34.07 (+1,2) | Jonas Wiklund -71 | M40 | Team Sportia Cup, Ljusdal | 17 juni |
| 36.37 (+1,2) | Daniel Edlund -74 | M35 | Team Sportia Cup, Ljusdal | 17 juni |
| 44.72 (-1,1) | Göran Ström -52 | M60 | Team Sportia Cup, Bollnäs | 2 sept. |
| 51.11 (+1,5) | Axel Fernaeus -28 | M85 | Veteran-SM, Huddinge | 26 juli |
| <u>Medvind</u> | | | | |
| 22.29 (+3,2) | Tarley Allison -97 | P17 | Gulf of Botnia, Söderhamn | 12 juli |

Löpning 200m Kvinnor

| | | | | |
|----------------|---------------------|-----|---------------------------|---------|
| 28.09 (0,0) | Sofie From -97 | F17 | Fortumspelen, Bollnäs | 5 juli |
| 30.36 (+1,5) | Zara Nyholmer -98 | F17 | Team SportiaCup, Ljusdal | 17 juni |
| 31.80 (-0,7) | Karin Wählstedt -60 | K50 | DM, Ljusdal | 5 aug. |
| 33.22 (0,0) | Gina Engberg -71 | K40 | Veteran-SM, Huddinge | 26 juli |
| 34.19 (-0,7) | Karin Olsson -61 | K50 | DM, Ljusdal | 5 aug. |
| 54.28 (+0,7) | Eva Bolander -55 | K55 | Team Sportia Cup. Ljusdal | 17 juni |
| 55.26 (-0,7) | Siv Nilsson -66 | K45 | DM, Ljusdal | 5 aug. |
| Medvind | | | | |
| 27.74 (+2,3) | Sofie From -97 | F17 | Gefle Games | 19 juli |

Löpning 400m Män

| | | | | |
|-------|----------------------|-----|-----------------------------|---------|
| 57.95 | Fars Tekeste -97 | P17 | Niklas Minne, Söderhamn | 17 maj |
| 59.70 | John Mehari -96 | P19 | Team Sportia Cup, Söderhamn | 19 aug. |
| 62.77 | Filemon Molugeta -97 | P17 | DM, Söderhamn | 19 aug. |
| 64.69 | Hermon Berihu -97 | P17 | DM, Söderhamn | 19 aug. |
| 74.32 | Mats Höglund -51 | M60 | Veteran-SM, Huddinge | 27 juli |
| 88.69 | Daniel Edlund -76 | M35 | DM, Söderhamn | 19 aug. |

Löpning 400m Kvinnor

| | | | | |
|-------|---------------------|-----|---------------------------|---------|
| 67.30 | Sofie From -97 | F17 | Gulf of Botnia, Söderhamn | 12 juli |
| 67.95 | Karin Wählstedt -60 | K50 | Veteran-SM, Huddinge | 27 juli |

Löpning 800m Män

| | | | | |
|---------|----------------------|-----|---|----------|
| 2.10.35 | Fars Tekeste -97 | P17 | SAYO, Sollentuna | 7 juni |
| 2.16.53 | John Mehari -96 | P19 | Norrländskt Mästerskap, Torneå, Finland | 17 aug. |
| 2.19.47 | Filemon Molugeta -97 | P17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 2.21.64 | Hermon Berihu -97 | P17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 2.33.81 | Babakar Lo -97 | P17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 2.38.22 | Emanuel Forsell -99 | P15 | Bilmetrospele, Falun | 31 maj |

Löpning 800m Kvinnor

| | | | | |
|---------|---------------------|-----|----------------------|---------|
| 2.31.60 | Karin Wählstedt -60 | K50 | Veteran-SM, Huddinge | 25 juli |
|---------|---------------------|-----|----------------------|---------|

Löpning 1500 m Män

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|---------|----------------------|-----|-----------------------------|----------|
| 4.34.14 | Fars Tekeste -97 | P17 | SAYO, Sollentuna | 8 juni |
| 4.49.29 | John Mehari -96 | P19 | Team Sportia Cup, Söderhamn | 19 aug. |
| 4.53.45 | Hermon Berihu -97 | P17 | Lilla Olympiaden, Järvsö | 21 sept. |
| 5.01.36 | Filemon Molugeta -97 | P17 | Lilla Olympiaden, Järvsö | 21 sept. |
| 5.41.99 | Bo Larsson -51 | M60 | DM, Söderhamn | 19 aug. |

Löpning 1500m Kvinnor

| | | | | |
|---------|---------------------|-----|----------------------|---------|
| 5.12.05 | Karin Wählstedt -60 | K50 | Veteran-SM, Huddinge | 26 juli |
|---------|---------------------|-----|----------------------|---------|

Löpning 3000m Män

| | | | | |
|----------|---------------------|-----|---------------------------|---------|
| 10.46.83 | Mikael Forsling -66 | M45 | Järvsöspelen | 1 juli |
| 10.48.04 | John Mehari -96 | P18 | Team Sportia Cup, Ljusdal | 5 aug. |
| 10.51.11 | Hermon Berihu -97 | P17 | Team Sportia Cup, Bollnäs | 2 sept. |
| 10.51.96 | Fars Tekeste -97 | P17 | Team Sportia Cup, Ljusdal | 17 juni |
| 11.51.73 | Bo Larsson -51 | M60 | Team Sportia Cup, Bollnäs | 2 sept. |

Löpning 5000m Män

| | | | | |
|----------|---------------------|-----|----------------------|---------|
| 18.19.03 | Mikael Forsling -66 | M45 | Veteran-SM, Huddinge | 25 juli |
| 20.53.31 | Bo Larsson -51 | M60 | DM, Bollnäs | 13 maj |

Maraton Kvinnor

| | | | | |
|---------|----------------------|-----|-------------------|--------|
| 3.46.37 | Stina Pettersson -77 | K35 | Stockholm Maraton | 31 maj |
|---------|----------------------|-----|-------------------|--------|

Löpning 3000m Hinder

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|----------|---------------------|-----|----------------------|---------|
| 11.56.23 | Mikael Forsling -66 | M45 | Veteran-SM, Huddinge | 26 juli |
|----------|---------------------|-----|----------------------|---------|

Löpning 80m häck Pojkar ^(84cm)

| | | | | |
|--------------|--------------------|-----|----------------|---------|
| 16.55 (+0,9) | Hampus Danhard -99 | P15 | DM, Hudiksvall | 24 juni |
|--------------|--------------------|-----|----------------|---------|

Löpning 110m häck Män

| | | | | |
|-------------------|-------------|-----|----------------------|---------|
| 19.59 (100cm/0,0) | Erik Li -68 | M45 | Veteran-SM, Huddinge | 27 juli |
|-------------------|-------------|-----|----------------------|---------|

Höjdhopp Män

| | | | | |
|------|-----------------------|-----|----------------------|---------|
| 1.65 | Erik Li -68 | M45 | DM, Ljusdal | 17 juni |
| 1.55 | Tarley Allison -97 | P17 | DM, Ljusdal | 17 juni |
| 1.34 | Stig-Arne Mattson -51 | M60 | Veteran-SM, Huddinge | 27 juli |
| 1.02 | Axel Fernaeus -28 | M85 | Veteran-SM, Huddinge | 27 juli |

Stavhopp Män

| | | | | |
|------|-----------------|-----|---------------------------|---------|
| 4.00 | Pär Berglin -75 | M35 | Veteran-SM, Huddinge | 26 juli |
| 3.60 | Erik Li -68 | M45 | Team Sportia Cup, Bollnäs | 27 maj |

Stavhopp Kvinnor

| | | | | |
|------|--------------|-----|--------------|--------|
| 2.40 | Sonia Li -99 | F15 | Järvsöspelen | 1 juli |
|------|--------------|-----|--------------|--------|

Längdhopp Män

| | | | | |
|-------------|------------------------|-----|---------------------------|---------|
| 5.03 (+0,1) | Filemon Molugeta -97 | P17 | Team Sportia Cup, Bollnäs | 2 sept. |
| 4.86 (+0,4) | Fars Tekeste -97 | P17 | Niklas Minne, Söderhamn | 17 maj |
| 4.45 (0,0) | Babakar Lo -97 | P17 | Team Sportia Cup, Bollnäs | 2 sept. |
| 3.94 (+1,5) | Hampus Danhard -99 | P15 | Skadespelen, Gävle | 11 maj |
| 3.73 (+2,0) | John Mehari -96 | P19 | Skadespelen, Gävle | 11 maj |
| 3.22 (+0,5) | Mats Höglund -51 | M60 | DM, Ljusdal | 5 aug. |
| 2.81 (+0,9) | Stig-Arne Mattsson -51 | M60 | DM, Ljusdal | 5 aug. |
| 2.57 (+1,0) | Axel Fernaeus -28 | M85 | DM, Ljusdal | 5 aug. |

Längdhopp Kvinnor

| | | | | |
|-------------|-------------------|-----|---------------------------|---------|
| 4.52 (0,0) | Zara Nyholmer -98 | F17 | Team Sportia Cup, Bollnäs | 2 sept. |
| 3.47 (+0,7) | Karin Olsson -61 | K50 | DM, Ljusdal | 5 aug. |
| 3.32 (+1,6) | Safaa Gango -97 | F17 | Skadespelen, Gävle | 11 maj |
| 2.30 (-0,5) | Eva Bolander -55 | K55 | Järvsöspelen | 1 juli |

Trestegshopp Män

| | | | | |
|-------------|------------------------|-----|--------------------------|----------|
| 7.90 (0,0) | Hampus Danhard -99 | P15 | Lilla Olympiaden, Järvsö | 20 sept. |
| 7.15 (+0,8) | Mats Höglund -51 | M60 | DM, Söderhamn | 19 aug. |
| 6.51 (-0,7) | Stig-Arne Mattsson -51 | M60 | Veteran-SM, Huddinge | 27 juli |
| 4.92 (+0,3) | Axel Fernaeus -28 | M85 | DM, Söderhamn | 19 aug. |

Trestegshopp Kvinnor

| | | | | |
|-------------|-------------------|-----|----------------|---------|
| 9.53 (+0,5) | Zara Nyholmer -98 | F17 | DM, Hudiksvall | 24 juni |
|-------------|-------------------|-----|----------------|---------|

Medvind

| | | | | |
|--------------|-------------------|-----|---------------------------|---------|
| 9.72 (+2,17) | Zara Nyholmer -98 | F17 | Guld of Botnia, Söderhamn | 12 juli |
|--------------|-------------------|-----|---------------------------|---------|

Kulstötning Män

| | | | | |
|---------------|------------------------|-----|------------------------------|----------|
| 11.46 (5kg) | Stig-Arne Mattsson -51 | M60 | Team Sportia Cup, Hudiksvall | 24 juni |
| 10.89 (5kg) | Tarley Allison -97 | P17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 8.93 (7,26kg) | Stig-Arne Mattsson -51 | M60 | DM, Ljusdal | 17 juni |
| 8.28 (7,26kg) | Ulf Danhard -68 | M45 | Team Sportia Cup, Hudiksvall | 24 juni |
| 7.97 (3kg) | Axel Fernaeus -28 | M85 | Veteran-SM, Huddinge | 26 juli |
| 6.08 (7,26kg) | Jonas Wiklund -71 | M40 | Järvsöspelen | 1 juli |
| 4.26 (7,26kg) | Daniel Edlund -76 | M35 | Järvsöspelen | 1 juli |

Kulstötning Kvinnor

| | | | | |
|-------------|---------------------|-----|--------------------------|----------|
| 10.41 (3kg) | Sofie From -97 | F17 | DM, Ljusdal | 17 juni |
| 8.49 (3kg) | Zara Nyholmer -98 | F17 | Lilla Olympiaden, Järvsö | 21 sept. |
| 8.45 (3kg) | Safaa Gango -97 | F17 | Skadespelen, Gävle | 11 maj |
| 7.13 (3kg) | Karin Olsson -61 | K50 | Järvsöspelen | 1 juli |
| 6.84 (3kg) | Mawada Abdalla -97 | F17 | Bilmetrospelen, Falun | 31 maj |
| 6.26 (4kg) | Gina Engberg -71 | K40 | DM, Ljusdal | 17 juni |
| 5.95 (4kg) | Siv Nilsson -66 | K45 | Järvsöspelen | 1 juli |
| 4.20 (3kg) | Birgitta Irwang -56 | K55 | DM, Ljusdal | 17 juni |
| 3.72 (3kg) | Eva Bolander -55 | K55 | Järvsöspelen | 1 juli |

Viktkastning Män

| | | | | |
|----------------|------------------------|-----|----------------------|---------|
| 12.28 (9,08kg) | Stig-Arne Mattsson -51 | M60 | Veteran-SM, Huddinge | 25 juli |
|----------------|------------------------|-----|----------------------|---------|

Viktkastning Kvinnor

| | | | | |
|---------------|--------------------|-----|----------------------|---------|
| 9.45 (7,26kg) | Rose-Marie Blom 60 | K50 | Veteran-SM, Huddinge | 25 juli |
| 7.31 (9,08kg) | Karin Olsson -51 | K50 | DM, Söderhamn | 19 aug. |
| 7.19 (9,08kg) | Gina Engberg -71 | K40 | DM, Söderhamn | 19 aug. |

Diskus kastning Män

| | | | | |
|---------------|------------------------|-----|--------------------------------------|----------|
| 45.26 (2kg) | Anton Larsson -93 | M22 | OBS! Wäxjö <u>Inomhuskast</u> | 22 mars |
| 42.44 (2kg) | Anton Larsson -93 | M22 | Gefle Games | 19 juli |
| 35.47 (1kg) | Stig-Arne Mattsson -51 | M60 | Team Sportia Cup, Hudiksvall | 24 juni |
| 24.91 (2kg) | Stig-Arne Mattsson -51 | M60 | DM, Hudiksvall | 17 juni |
| 24.45 (1,5kg) | Tarley Allison -97 | P17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 22.96 (1kg) | Gösta Blank -39 | M75 | Veteran-SM, Huddinge | 25 juli |
| 19.37 (1kg) | Hampus Danhard -99 | P15 | Lilla Olympiaden, Järvsö | 20 sept. |
| 16.67 (1kg) | Axel Fernaeus -28 | M85 | Järvsöspelen | 1 juli |
| 15.51 (1kg) | Göran Ström -52 | M60 | Team Sportia Cup, Ljusdal | 5 aug. |

Diskus kastning Kvinnor

| | | | | |
|-------------|---------------------|-----|---------------------------|----------|
| 34.82 (1kg) | Maria Olsson -96 | F19 | Gefle Games | 19 juli |
| 24.80 (1kg) | Rose-Marie Blom -60 | K50 | Veteran-SM, Huddinge | 26 juli |
| 18.93 (1kg) | Gina Engberg -71 | K40 | Team Sportia Cup, Bollnäs | 2 sept. |
| 18.85 (1kg) | Sofie From -97 | F17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 18.52 (1kg) | Karin Olsson -61 | K50 | Team Sportia Cup, Ljusdal | 5 aug. |
| 16.85 (1kg) | Siv Nilsson -66 | K45 | Team Sportia Cup, Bollnäs | 27 maj |
| 10.04 (1kg) | Birgitta Irwang -56 | K55 | Team Sportia Cup, Bollnäs | 27 maj |
| 7.40 (1kg) | Eva Bolander -55 | K55 | Team Sportia Cup, Bollnäs | 27 maj |

Släggkastning Män

| | | | | |
|---------------|------------------------|-----|---------------------------|---------|
| 28.30 (5kg) | Stig-Arne Mattsson -51 | M60 | DM, Bollnäs | 27 maj |
| 17.15 (7,26) | Stig-Arne Mattsson -51 | M60 | DM, Söderhamn | 19 aug. |
| 14.45 (5kg) | Göran Ström -52 | M60 | Team Sportia Cup, Bollnäs | 2 sept. |
| 7.42 (7,26kg) | Göran Ström -52 | M60 | DM, Söderhamn | 19 aug. |

Släggkastning Kvinnor

| | | | | |
|-------------|------------------|-----|--------------------------|----------|
| 34.07 (3kg) | Sofie From -97 | F17 | Lilla Olympiaden, Järvsö | 21 sept. |
| 24.86 (4kg) | Sofie From -97 | F17 | DM, Söderhamn | 19 aug. |
| 16.56 (4kg) | Gina Engberg -71 | K40 | DM, Bollnäs | 27 maj |
| 16.06 (3kg) | Karin Olsson -61 | K50 | Järvsöspelen | 1 juli |

Spjutkastning Män

| | | | | |
|--------------|------------------------|-----|-------------------------------|---------|
| 51.18 (800g) | Anton Larsson -93 | M22 | OBS! Wäxjö Inomhuskast | 22 mars |
| 50.26 (800g) | Anton Larsson -93 | M22 | Gulf of Botnia, Söderhamn | 12 juli |
| 43.77 (800g) | Pär Berglin -75 | M35 | Järvsöspelen | 1 juli |
| 35.68 (700g) | Tarley Allison -97 | P17 | DM, Ljusdal | 17 juni |
| 35.27 (800g) | Isak Ivarsson -76 | M35 | Järvsöspelen | 1 juli |
| 35.16 (800g) | Ulf Danhard -68 | M45 | Järvsöspelen | 1 juli |
| 34.84 (700g) | Fars Tekeste -97 | P17 | DM, Ljusdal | 17 juni |
| 28.10 (800g) | John Mehari -96 | P19 | Team Sportia Cup, Ljusdal | 5 aug. |
| 23.78 (600g) | Stig-Arne Mattsson -51 | M60 | DM, Ljusdal | 17 juni |
| 23.73 (700g) | Babakar Lo 97 | P17 | DM, Ljusdal | 17 juni |
| 20.76 (600g) | Emanuel Forsell -99 | P15 | Bilmetrospele, Falun | 31 maj |
| 18.03 (400g) | Axel Fernaeus -28 | M85 | Veteran-SM, Huddinge | 27 juli |

Spjutkastning Kvinnor

| | | | | |
|--------------|--------------------|-----|---------------------------|----------|
| 39.72 (600g) | Maria Olsson -96 | F19 | Team Sportia Cup, Ljusdal | 5 aug. |
| 19.13 (600g) | Zaara Nyholmer -98 | F17 | Lilla Olympiaden, Järvsö | 20 sept. |
| 15.71 (600g) | Gina Engberg -71 | K40 | DM, Ljusdal | 17 juni |
| 11.02 (600g) | Karin Olsson -61 | K50 | DM, Ljusdal | 17 juni |