

OBIKs SKØYTELEKSIKON

pr 2019-04-04

Kun deltagere 1984/1985 - dato

Klasse	Navn		Klasse-best	Bedrift	Født	sist
2018/19	Beste OBIK-løp		før sesongen	OBIK-beste	Pers. rek.	reg.
	sesongen 2018/19			før sesongen	(*=ikke OBIK)	ses.

62	H60-64	Pål Agdestein		Agdestein osv	1957*05*26	19
	500	48.73 20190130 VH	45.68 17	41.1 05	40.3 93*	
	1000	1.37.33 20190130 VH	1.29.35 17	1.21.9 99	1.20.8 00*	
	1500	-	2.16.51 17	2.06.6 00	2.02.59 11*	
	3000	-	-	4.31.1 99	4.16.50 11*	
	5000	-	-	7.48.5 99	7.25.09 02*	
	10000	-	16.09.35 17	15.44.6 93	15.38.20 15*	
31	H16-39	Kjetil Amundrud		Ahus	1978*12*24	19
	500	-	41.22 16	41.22 16	36.50 07*	
	1000	-	1.22.63 16	1.22.63 16	1.12.87 07*	
	1500	2.03.26 20190220 VH	2.05.27 18	2.10.29 15	1.56.30 08*	
	3000	4.19.31 20190109 VH	4.29.07 15	4.29.07 15	4.04.88 16*	
	5000	7.21.71 20190213 VH	7.53.01 15	7.53.01 15	7.04.06 16*	
	10000	-	-	-	14.44.70 17*	
66	H65-69	Tom Askerøi		Oscar Records	1952*10*23	19
	500	1.04.09 20190123 VH	1.04.92 18	51.6 90	51.6 90	
	1000	2.13.26 20190116 VH	2.12.59 18	1.47.6 89	1.47.6 89	
	1500	3.20.53 20190220 VH	3.16.52 18	2.44.5 90	2.43.6 93*	
	3000	7.04.47 20190226 VH	7.08.07 18	5.42.4 89	5.37.6 93*	
	5000	12.15.19 20190213 VH	11.55.88 18	9.52.9 02	9.52.9 02	
	10000	27.18.49 20181219 VH	24.59.22 18	19.24.1 93	19.24.1 93	
58	H50-59	Eric Askildsen		AFK	1961*06*12	19
	500	-	47.16 17	47.16 17	44.27 19*	
	1000	-	1.33.76 17	1.33.76 17	1.33.76 17	
	1500	-	-	-	2.12.02 19*	
	3000	4.56.35 20181128 VH	-	-	4.35.95 19*	
	5000	-	-	-	7.51.46 19*	
	10000	16.17.25 20181219 VH	-	-	16.17.09 18*	
58	H50-59	Kjetil Narum Bakken		MT Cargoscan	1960*10*12	19
	500	47.87 20181205 VH	44.74 12	44.74 12	43.80 09*	
	1000	1.43.01 20190116 VH	1.31.47 16	1.31.2 09	1.27.29 11*	
	1500	2.32.70 20190220 VH	2.19.43 12	2.18.5 04	2.11.29 07*	
	3000	5.21.62 20190226 VH	4.43.99 11	4.43.99 11	4.34.22 11*	
	5000	9.27.44 20190213 VH	8.10.48 11	8.05.9 09	7.47.23 11*	
	10000	19.16.11 20181219 VH	16.53.08 16	16.53.08 16	16.12.69 08*	
61	H60-64	Terje Bjørk		Korsv Rør-serv	1958*06*16	19
	500	51.11 20190226 VH	-	45.8 05	45.6 12*	
	1000	-	-	1.29.3 06	1.29.3 06	
	1500	2.34.91 20190227 VH	-	2.13.77 12	2.11.30 13*	
	3000	5.07.95 20190226 VH	-	4.38.42 13	4.28.04 13*	
	5000	9.13.09 20190227 VH	-	7.48.90 13	7.34.71 05*	
	10000	-	-	16.09.0 04	15.44.79 05*	

60	H60-64	Torbjørn Bratli			KLP		1958*11*17	19
	500	51.06	20190129	VH	-	49.83 18	49.83 18	
	1000	1.46.77	20190129	VH	-	1.42.53 18	1.42.53 18	
	1500				-	2.44.92 15	2.44.92 15	
	3000				-			
	5000				-			
	10000				-			
71	H70-74	Geir Brunsvik			Oslo-Lærerne		1948*02*26	19
	500	53.59	20181205	VH	54.37 18	43.6 80	42.5 68*	
	1000				1.50.03 18	1.31.5 80	1.31.1 80*	
	1500	2.50.00	20190220	VH	2.48.67 18	2.28.3 80	2.16.1 68*	
	3000	6.05.73	20190109	VH	5.57.48 18	5.40.0 80	4.56.7 68*	
	5000				-	9.53.30 15	8.39.9 68*	
	10000				-	21.16.37 15	21.16.37 15	
65	H65-69	Per Inge Båtnes			OsloMet		1954*04*15	19
	500	50.03	20190220	VH	-	48.92 17	47.35 17*	
	1000				-		1.33.43 17*	
	1500	2.30.60	20190220	VH	-	2.31.90 17	2.21.76 17*	
	3000				-	5.24.42 16	5.02.12 17*	
	5000				-	9.13.25 14	8.45.68 16*	
	10000				-	18.13.31 16	18.13.31 16	
25	H16-39	Clement Chaduc			Texas Instruments		1994*01*19	19
	500	44.03	20190226	VH	-		44.03 19	
	1000				-			
	1500	2.09.32	20190227	VH	-		2.09.32 19	
	3000	4.21.34	20190226	VH	-		4.21.34 19	
	5000	7.24.08	20190213	VH	-		7.24.08 19	
	10000	15.41.32	20181219	VH	-		14.49.40 19*	
60	H50-59	Frode Eidsmo			Korsv Rør-serv		1959*01*18	19
	500	44.40	20190226	VH	-	42.89 12	40.8 85*	
	1000	1.29.55	20190129	VH	-	1.23.9 09	1.20.66 15*	
	1500	2.11.46	20190220	VH	-	2.08.5 09	2.01.73 15*	
	3000	4.28.94	20190226	VH	-	4.24.58 11	4.10.34 11*	
	5000	7.45.18	20190213	VH	-	7.27.01 13	7.03.62 11*	
	10000	16.34.97	20181219	VH	-	15.55.86 14	15.17.26 14*	
68	H65-69	Terje Erfjord			Statnett		1951*06*21	19
	500	52.19	20190226	VH	47.80 16	44.3 95	43.5 87*	
	1000	1.46.98	20190116	VH	1.37.37 16	1.29.1 94	1.27.7 89*	
	1500	2.40.39	20181212	VH	2.26.9 16	2.15.5 01	2.10.6 89*	
	3000	5.25.30	20190226	VH	4.55.92 16	4.40.0 02	4.31.0 94*	
	5000	9.19.31	20190213	VH	8.21.55 16	8.04.4 95	7.48.95 02*	
	10000				-	16.08.9 93	16.08.9 93	
35	H16-39	Sigbjørn Møystad Fønnebo			Haugerud Legesent		1984*02*04	19
	500	48.29	20190220	VH	-		48.29 19	
	1000				-			
	1500	2.28.13	20190220	VH	-		2.28.13 19	
	3000				-			
	5000				-			
	10000				-			

50	H50-59	Tore Gatland				3Dto1		1969*03*16	19
	500	49.10	20181205	VH	-	-	-	47.69	19*
	1000			-	-	-	-	1.33.77	19*
	1500	2.26.09	20181212	VH	-	-	-	2.20.30	19*
	3000	5.09.52	20181128	VH	-	-	-	4.55.65	19*
	5000			-	-	-	-	8.27.98	19*
	10000			-	-	-	-	-	
57	H50-59	Jon Gauslaa				Oslo Tinghus		1962*01*10	19
	500	52.13	20190226	VH	45.64	12	45.4 99	44.43	12*
	1000			-	1.29.85	12	1.29.1 10	1.24.22	11*
	1500	2.30.70	20190220	VH	2.11.51	13	2.11.51 13	2.04.83	11*
	3000	4.57.74	20190226	VH	4.30.87	13	4.30.87 13	4.16.43	11*
	5000	8.39.26	20190213	VH	7.42.50	13	7.41.15 11	7.15.10	11*
	10000	18.05.04	20190306	VH	15.58.40	12	15.58.40 12	15.14.26	11*
68	H65-69	Pål Gulliksen				Inventum AS		1950*08*06	19
	500	59.47	20190306	VH	55.65	16	54.60 15	54.60	15
	1000			-	1.57.20	16	1.56.65 15	1.56.65	15
	1500			-	3.09.07	16	2.57.42 14	2.57.42	14
	3000	7.09.13	20181128	VH	-	-	6.33.35 14	6.33.35	14
	5000			-	-	-	-	-	
	10000			-	-	-	-	-	
65	H65-69	Erik Gunnerød				Oslo Taxi		1953*09*14	19
	500	50.64	20190116	VH	-	-	43.3 96	40.6	79*
	1000	1.46.13	20190116	VH	-	-	1.30.6 01	1.26.4	77*
	1500	2.45.21	20181212	VH	-	-	2.17.2 95	2.16.63	01*
	3000	6.03.91	20190109	VH	-	-	4.56.5 00	4.50.14	00*
	5000	10.14.68	20190213	VH	-	-	8.54.6 99	8.27.8	00*
	10000			-	-	-	19.13.3 99	18.47.1	00*
63	H60-64	Espen Hansen				Takeda		1956*01*03	19
	500	45.57	20190130	VH	43.95	16	41.8 91	41.2	93*
	1000	1.35.06	20190130	VH	1.28.39	16	1.22.3 00	1.20.51	99*
	1500	2.24.69	20190123	VH	2.21.19	16	2.07.2 00	2.02.28	99*
	3000			-	4.45.00	16	4.22.7 95	4.11.21	99*
	5000			-	8.14.98	16	7.38.4 00	7.18.47	02*
	10000			-	-	-	16.05.7 93	15.57.34	08*
47	K	Marja Haartsen				Timik		1972*01*08	19
	500	52.66	20190220	VH	51.87	14	51.87 14	49.49	14*
	1000	1.57.18	20190129	VH	1.50.25	17	1.47.6 07	1.37.80	07*
	1500	2.52.31	20190220	VH	2.51.98	14	2.46.4 08	2.32.24	07*
	3000			-	-	-	6.04.2 06	5.32.19	07*
	5000			-	-	-	11.01.3 04	11.01.3	04
	10000			-	-	-	22.09.2 07	22.09.2	07
60	K	Sara Hemmer				Kuben		1959*03*25	19
	500	59.04	20190226	VH	-	-	56.28 13	55.5	12*
	1000	2.13.30	20190116	VH	-	-	1.52.88 13	1.52.88	13
	1500	2.48.85	20190220	VH	-	-	2.43.50 12	2.43.50	12
	3000	5.43.07	20190226	VH	-	-	5.43.41 13	5.43.07	19
	5000	9.39.65	20190227	VH	-	-	9.54.78 13	9.22.37	19*
	10000	20.47.03	20181219	VH	-	-	20.08.10 13	19.11.29	13*

75	H70-74	Asbjørn Hildrum				OPIL		1944*05*20	19	
	500	1.01.56	20190130	VH	-	42.6	82	42.1	94*	
	1000	2.07.48	20190130	VH	-	1.28.1	01	1.26.53	95*	
	1500			-	-	2.14.6	00	2.09.9	94*	
	3000			-	-	4.39.4	00	4.35.9	94*	
	5000			-	-	8.24.9	90	8.01.4	94*	
	10000			-	-	16.45.2	93	16.45.2	93	
42	H40-49	Asier Peña Iturria				Flyktninghjelpen		1977*04*15	19	
	500	46.44	20190129	VH	-	42.2	09	40.33	09*	
	1000	1.30.24	20190129	VH	-	1.22.8	09	1.18.52	09*	
	1500			-	-	2.10.95	13	1.58.24	08*	
	3000			-	-	4.46.2	07	4.09.10	08*	
	5000			-	-	8.38.1	06	6.51.72	09*	
	10000			-	-		-	14.35.06	08*	
30	K	Joelle Janz				Tysk Turistkontor		1988*11*24	19	
	500	58.17	20190220	VH	-			58.17	19	
	1000	2.10.23	20190116	VH	-			2.10.23	19	
	1500	3.16.29	20190220	VH	-			3.16.29	19	
	3000	6.16.70	20190226	VH	-			6.16.70	19	
	5000	11.05.48	20190213	VH	-			11.05.48	19	
	10000			-	-				-	
46	K	Renate Jeppsson				Oslo Kommune		1973*04*16	19	
	500	50.15	20190130	VH	46.51	18	46.51	18	42.90	07*
	1000	1.44.27	20190129	VH					1.24.82	07*
	1500			-	2.30.9	16	2.30.9	16	2.12.37	07*
	3000			-					4.44.76	11*
	5000			-					9.17.70	18*
	10000			-						-
61	H60-64	Iver Johansen				FFI		1958*02*10	19	
	500			-	47.64	18	43.1	00	42.81	99*
	1000			-	1.46.26	18	1.27.9	00	1.25.48	06*
	1500			-	2.26.99	18	2.14.1	02	2.11.42	02*
	3000	5.01.95	20181128	VH	4.56.76	18	4.47.7	00	4.35.38	02*
	5000			-	8.27.39	18	8.19.6	02	7.59.85	02*
	10000			-	18.13.28	18	17.19.4	93	16.37.85	07*
34	H16-39	Hans Kristian Jorde				Aas-Jakobsen		1985*03*24	19	
	500	42.46	20190226	VH	41.82	13	41.82	13	41.29	14*
	1000	1.25.98	20190129	VH	1.23.02	16	1.23.02	16	1.20.54	14*
	1500	2.07.58	20190220	VH	2.07.11	13	2.07.11	13	2.02.39	14*
	3000	4.36.56	20190226	VH	4.29.27	16	4.29.27	16	4.21.03	13*
	5000	7.52.90	20190213	VH	7.52.53	14	7.52.53	14	7.34.29	13*
	10000	16.46.22	20181219	VH	16.45.59	17	16.45.59	17	16.04.73	13*
32	K	Marit Stubø Jorde				Simonsen Vogt W		1986*09*28	19	
	500	50.61	20190220	VH	52.82	18	52.82	18	48.86	19*
	1000	1.48.93	20190129	VH	1.49.60	18	1.49.60	18	1.39.04	19*
	1500	2.40.19	20190220	VH	2.50.59	17	2.50.59	17	2.36.20	19*
	3000	5.41.56	20190226	VH	5.56.60	18	5.56.60	18	5.31.52	19*
	5000	9.43.34	20190213	VH	10.19.47	18	10.19.47	18	9.43.34	19
	10000	21.57.48	20181219	VH	24.05.03	17	24.05.03	17	20.16.34	19*

49	H40-49	Nils Juell			Geodata		1970*05*30	19
	500	47.83	20190123	VH	-	-	47.23	19*
	1000				-	-	1.37.71	19*
	1500	2.34.63	20181212	VH	-	-	2.24.29	19*
	3000				-	-	5.09.98	19*
	5000				9.29.20	18	9.29.20	18
	10000	20.06.63	20181219	VH	20.44.27	18	20.44.27	18
27	H16-39	Morten Aske Kolstad			Kolstad		1992*05*05	19
	500	42.41	20190226	VH	43.24	18	43.24	18
	1000	1.26.73	20190129	VH	1.27.37	18	1.27.37	18
	1500	2.14.53	20181212	VH	2.13.06	18	2.13.06	18
	3000	4.49.02	20190226	VH	4.48.62	18	4.48.62	18
	5000	8.28.15	20190227	VH	8.15.07	17	8.15.07	17
	10000				18.17.70	18	18.17.70	18
50	H50-59	Kurt Feiring Larsen			Larsen		1968*09*04	19
	500	48.95	20190226	VH	-	49.41	18	45.2
	1000	1.44.85	20190130	VH	-	1.42.52	18	1.34.2
	1500	2.45.71	20190227	VH	-	2.42.26	17	2.28.8
	3000	5.50.20	20190226	VH	-	5.54.73	17	5.15.3
	5000				-	10.32.84	17	9.14.5
	10000				-			-
40	H40-49	Steinar Leikvangen			PUPIL		1978*07*19	19
	500	50.45	20190226	VH	-	-	50.45	19
	1000				-	-		-
	1500	2.48.12	20190220	VH	-	-	2.48.12	19
	3000	6.05.86	20190226	VH	-	-	6.05.86	19
	5000	10.38.59	20190227	VH	-	-	10.38.59	19
	10000				-	-		-
35	H16-39	Martin Grothe Lien			Bygganalyse		1983*07*06	19
	500	45.39	20181205	VH	45.19	18	45.19	18
	1000	1.32.36	20190116	VH	1.31.23	18	1.31.23	18
	1500	2.22.34	20190220	VH	2.19.49	18	2.19.49	18
	3000	4.55.60	20181128	VH	4.51.79	18	4.51.79	18
	5000	8.29.62	20190213	VH	8.30.64	18	8.30.64	18
	10000	18.09.45	20181219	VH	18.00.31	18	18.00.31	18
58	H50-59	Gunnar Ligaarden			AdvokatDirekt		1961*03*09	19
	500	51.21	20190226	VH	48.31	12	47.2	07
	1000				1.35.15	12	1.33.2	07
	1500	2.30.88	20190227	VH	2.24.20	12	2.21.8	08
	3000	5.18.64	20190226	VH	5.04.05	13	4.56.4	08
	5000	9.13.05	20190227	VH	8.41.25	12	8.41.25	12
	10000				18.45.44	13	17.47.6	06
77	H75-79	Magnar Lundberg			LKS		1942*04*15	19
	500	52.75	20190109	VH	51.75	17	45.0	73
	1000	1.47.62	20190116	VH	1.44.63	17	1.35.7	71
	1500	2.43.44	20190227	VH	2.38.58	18	2.29.1	70
	3000	5.39.14	20190226	VH	5.37.56	17	5.31.4	72
	5000	9.43.64	20190213	VH	9.36.98	17	9.36.98	17
	10000				19.14.77	17	19.14.77	17

59	H50-59	Erik Michelsen			Ivar Pettersen	1960*01*23	19
	500	51.89	20190226	VH	-	51.89 19	
	1000	1.49.48	20190116	VH	-	1.49.48 19	
	1500	2.50.38	20190227	VH	-	2.50.38 19	
	3000	5.51.86	20190226	VH	-	5.51.86 19	
	5000	10.10.75	20190213	VH	-	10.10.75 19	
	10000	-	-		-	21.21.34 19*	
48	H40-49	Ole Martin Nodenes			Unit	1971*01*31	19
	500	56.17	20190116	VH	-	55.05 19*	
	1000	1.56.04	20190116	VH	-	1.56.04 19	
	1500	-	-		-	3.03.66 19*	
	3000	6.46.57	20181128	VH	-	6.46.57 19	
	5000	10.48.93	20190213	VH	-	10.48.93 19	
	10000	-	-		-	23.01.32 19*	
36	H16-39	Jostein Nørbech			Prodecon	1983*06*20	19
	500	-	-		46.00 17	45.81 19*	
	1000	-	-		1.38.98 18	1.38.98 18	
	1500	-	-		2.17.49 17	2.12.27 18*	
	3000	4.50.09	20181128	VH	4.42.17 17	4.28.96 19*	
	5000	-	-		8.00.96 17	8.00.96 17	
	10000	-	-		16.33.31 17	15.54.80 18*	
67	H65-69	Stein Opdahl			SSB	1952*03*01	19
	500	54.76	20190123	VH	52.62 18	46.5 01	46.5 01
	1000	1.49.83	20190116	VH	1.48.45 18	1.34.5 04	1.33.71 03*
	1500	2.55.03	20190220	VH	2.48.95 17	2.24.5 02	2.21.07 03*
	3000	6.15.98	20190109	VH	5.59.26 18	5.02.4 02	4.57.39 02*
	5000	10.42.45	20190213	VH	-	8.47.1 00	8.36.77 03*
	10000	-	-		21.08.13 17	18.12.2 04	17.36.55 03*
49	H40-49	Thor-André Pedersen			Norgine	1969*12*13	19
	500	41.61	20190109	VH	-	-	37.04 98*
	1000	-	-		-	-	1.13.67 98*
	1500	-	-		-	-	1.53.55 98*
	3000	-	-		-	-	4.17.5 93*
	5000	-	-		-	-	7.46.4 82*
	10000	-	-		-	-	17.25.6 91*
58	H50-59	Espen Riktor			Riktorsoft	1961*05*16	19
	500	52.10	20190226	VH	52.64 16	52.64 16	51.35 15*
	1000	1.46.54	20190116	VH	1.45.42 18	1.45.42 18	1.45.42 18
	1500	2.39.61	20190227	VH	2.35.63 17	2.35.63 17	2.29.39 15*
	3000	5.22.76	20190226	VH	5.18.64 16	5.18.64 16	5.16.26 19*
	5000	9.23.88	20190227	VH	9.08.63 15	9.08.63 15	8.49.61 18*
	10000	19.19.84	20181219	VH	19.32.64 15	19.32.64 15	18.12.34 15*
51	K	Marit D Riktor			Ahus	1967*11*11	19
	500	1.13.12	20190123	VH	1.14.28 18	1.14.28 18	1.06.4 09*
	1000	-	-		-	3.00.3 95	2.25.71 14*
	1500	3.55.35	20190123	VH	3.52.84 18	3.52.84 18	3.20.4 09*
	3000	7.33.95	20190226	VH	7.32.75 18	7.32.75 18	7.12.80 14*
	5000	-	-		12.55.37 18	13.50.55 16	11.35.6 09*
	10000	-	-		28.54.74 18	28.54.74 18	23.52.6 07*

58	H50-59	Torgeir Rundsveen			Rundsveen		1961*02*21	19
	500	51.59	20190220	VH	-	-	43.3 90*	
	1000	1.51.23	20190129	VH	-	-	1.26.8 90*	
	1500	2.46.17	20190220	VH	-	-	2.13.9 89*	
	3000	6.01.24	20190109	VH	-	-	4.46.0 90*	
	5000		-		-	-	8.11.1 90*	
	10000		-		-	-	17.24.4 90*	
53	H50-59	Kim Sekkelsten			DNT		1965*07*02	19
	500	59.03	20190220	VH	57.90 17	56.60 14	56.3 12*	
	1000	2.02.22	20190116	VH	1.58.88 17	1.55.45 12	1.55.45 12	
	1500	2.59.54	20190220	VH	2.54.28 17	2.52.39 12	2.52.39 12	
	3000	6.09.92	20190226	VH	6.04.82 17	6.04.82 17	6.04.82 17	
	5000	10.37.48	20190227	VH	10.44.79 17	10.35.72 12	10.19.0 12*	
	10000	23.19.16	20190306	VH	21.35.24 17	21.33.96 15	21.33.96 15	
48	H40-49	Øyvind Skarholt			Byggevereind		1970*11*01	19
	500	49.26	20190109	VH	48.83 18	48.83 18	48.25 18*	
	1000		-		-	-	-	
	1500		-		2.29.07 18	2.29.07 18	2.23.22 18*	
	3000	5.25.55	20190109	VH	5.13.89 18	5.13.89 18	5.10.28 18*	
	5000		-		9.06.88 17	9.06.88 17	8.43.77 18*	
	10000		-		18.44.27 17	18.44.27 17	18.44.27 17	
60	H60-64	Vidar Skripeland			Skripeland Cons.		1959*05*26	19
	500		-		49.87 14		47.41 16*	
	1000		-		-	-	-	
	1500		-		-	-	2.19.49 19*	
	3000		-		5.14.09 16		4.45.03 16*	
	5000	8.19.04	20190213	VH	-	8.21.87 17	7.46.16 17*	
	10000	17.22.24	20181219	VH	-	16.40.67 16	15.48.15 17*	
61	H60-64	John K Solem			DNB		1957*07*11	19
	500	50.98	20190123	VH	51.63 18	48.0 08	47.89 08*	
	1000	1.42.74	20190116	VH	-	1.37.9 10	1.37.47 11*	
	1500	2.41.49	20190123	VH	-	2.28.9 10	2.25.19 08*	
	3000	5.46.67	20190109	VH	-	5.13.3 08	5.05.36 10*	
	5000		-		-	9.19.0 08	8.53.52 08*	
	10000		-		-	-	18.36.54 08*	
64	H60-64	Arne Stenhaug			ABC Matter		1955*06*16	19
	500	47.57	20190220	VH	44.32 16	41.9 07	41.21 09*	
	1000	1.42.32	20190130	VH	1.36.11 15	1.25.5 03	1.21.98 10*	
	1500	2.30.83	20190227	VH	2.23.79 15	2.13.5 06	2.03.45 07*	
	3000	5.13.24	20190226	VH	4.54.38 16	4.37.6 06	4.23.55 07*	
	5000	8.48.62	20190213	VH	8.42.11 15	8.11.8 08	7.38.80 07*	
	10000	18.39.70	20181219	VH	18.03.69 17	16.53.7 06	16.16.06 07*	
63	H60-64	Per Gunnar Stensvaag			SAS		1956*05*18	19
	500	48.09	20190220	VH	46.16 16	44.6 05	43.63 04*	
	1000		-		1.42.60 17	1.42.60 17	1.27.71 13*	
	1500	2.37.84	20190220	VH	2.36.05 16	2.27.0 03	2.12.5 06*	
	3000	5.48.98	20181128	VH	5.38.47 17	5.12.2 06	4.36.72 06*	
	5000	9.25.18	20190213	VH	-	8.52.46 14	7.50.53 07*	
	10000	20.38.24	20181219	VH	19.34.51 17	17.44.8 04	16.49.57 04*	

48	K	Susanne Vangen Stensvaag				SAS		1971*02*02	19	
	500	1.04.47	20190220	VH	1.06.18	16	1.06.18	16	59.75	19*
	1000			-					1.58.50	19*
	1500	3.16.57	20190220	VH	3.25.55	16	3.25.55	16	3.05.63	19*
	3000	7.29.88	20181128	VH	7.35.70	17	7.35.70	17	6.33.02	19*
	5000	11.58.94	20190213	VH					11.58.94	19
	10000	26.14.47	20181219	VH	26.07.72	17	26.07.72	17	25.00.06	19*
27	H16-39	Håvard Straumsnes				Grønt Fokus		1991*12*07	19	
	500	53.75	20190109	VH					53.75	19
	1000			-						
	1500			-						
	3000	6.16.46	20190109	VH					6.16.46	19
	5000			-						
	10000			-						
59	H50-59	Rune Sundland				Airborne AS		1960*06*25	19	
	500	55.43	20190109	VH	56.64	18	56.64	18	55.43	19
	1000			-						
	1500			-	2.54.31	18	2.54.31	18	2.52.46	18*
	3000	6.06.65	20190109	VH	6.01.85	18	6.01.85	18	6.01.85	18
	5000			-	10.45.63	18	10.45.63	18	10.20.11	16*
	10000			-					21.28.14	16*
47	H40-49	Erik Thorstensen				OsloMet		1972*03*14	19	
	500	1.01.20	20190226	VH					1.01.20	19
	1000	2.06.36	20190116	VH					2.06.36	19
	1500	3.07.08	20190227	VH					3.07.08	19
	3000	6.23.50	20190226	VH					6.23.50	19
	5000	11.08.52	20190227	VH					11.08.52	19
	10000			-					25.10.86	19*
30	H16-39	Jørgen Tønne				Østberg Norge		1988*11*30	19	
	500	41.63	20190116	VH					37.62	11*
	1000	1.23.82	20190116	VH					1.13.04	11*
	1500	2.05.29	20190220	VH					1.52.09	11*
	3000	4.30.35	20190109	VH					4.05.17	11*
	5000			-					7.05.58	11*
	10000			-						
68	H65-69	Erik Vea				Sørum Komm.		1951*06*11	19	
	500	46.99	20190220	VH	45.42	16	41.6	91	40.02	78*
	1000	1.35.96	20190116	VH	1.32.23	16	1.25.8	07	1.20.8	79*
	1500	2.26.08	20190220	VH	2.19.86	16	2.05.0	92	2.00.44	80*
	3000	5.10.15	20190109	VH	4.43.64	16	4.29.5	91	4.12.40	04*
	5000	8.47.15	20190213	VH			8.05.3	10	7.20.85	04*
	10000	18.27.41	20181219	VH			18.30.83	14	15.34.5	78*
47	H40-49	Sveinung Vea				Skift Gir		1972*05*24	19	
	500	46.82	20181205	VH	45.20	16	45.20	16	45.20	16
	1000			-	1.34.10	13	1.34.10	13	1.28.85	18*
	1500			-	2.18.32	16	2.18.32	16	2.14.30	16*
	3000	4.56.57	20181128	VH	4.48.00	13	4.48.00	13	4.38.86	16*
	5000			-	8.16.31	16	8.16.31	16	7.59.10	16*
	10000			-	16.42.61	17	16.42.61	17	16.14.26	17*

52	H50-59	Odd Arild Ødegaard			Valle Kiosk	1967*04*24	19
	500	45.85	20190226	VH	46.10 17	45.94 15	44.80 16*
	1000	1.37.29	20190130	VH	1.32.36 17	1.32.36 17	1.29.08 17*
	1500	2.22.49	20190227	VH	2.16.64 17	2.16.64 17	2.12.53 16*
	3000	4.48.64	20190226	VH	4.45.83 17	4.45.83 17	4.45.83 17
	5000	8.16.09	20190227	VH	8.15.71 17	8.15.71 17	7.55.12 17*
	10000		-		-	17.54.67 15	16.08.88 17*
68	H65-69	Øivind Øiseth (Andersen)			Katalogforl.	1951*04*05	19
	500	50.56	20190226	VH	47.85 16	43.2 90	42.1 81*
	1000		-		1.36.71 16	1.25.9 90	1.23.5 89*
	1500	2.31.81	20190227	VH	2.26.09 17	2.10.7 90	2.06.7 89*
	3000	5.06.61	20190226	VH	4.56.25 16	4.36.7 89	4.30.9 93*
	5000	9.02.89	20190227	VH	8.21.65 16	8.03.9 87	7.40.91 02*
	10000		-		17.04.32 17	15.57.9 93	15.57.9 93