

OBIKs SKØYTELEKSIKON

pr 2020-03-13

Klasse	Navn			Klasse-best	Bedrift	Født	sist
2019/20	Beste OBIK-løp			før sesongen	OBIK-beste	Pers. rek.	reg.
	sesongen 2019/20				før sesongen	(*=ikke OBIK)	ses.
63	H60-64	Pål Agdestein			Agdestein osv	1957*05*26	20
	500	46.20	20200115 Fr	45.68 17	41.1 05	40.3 93*	
	1000	1.32.08	20191204 Fr	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	4.56.57	20200115 Fr	-	4.31.1 99	4.16.50 11*	
	5000	8.03.41	20200212 Fr	-	7.48.5 99	7.25.09 02*	
	10000	16.26.62	20191218 Fr	16.09.35 17	15.44.6 93	15.38.20 15*	
41	H40-49	Kjetil Amundrud			Ahus	1978*12*24	20
	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 19	2.03.26 19	1.56.30 08*	
	3000	4.39.33	20191127 Fr	4.19.31 19	4.19.31 19	4.04.88 16*	
	5000	-	-	7.21.71 19	7.21.71 19	7.03.91 20*	
	10000	-	-	-	-	14.44.70 17*	
32	H16-39	Ragnar Bragvin Andresen			Holm.koll Trening	1988*02*01	20
	500	49.92	20200226 Fr	47.23 15	47.23 15	47.23 15	
	1000	-	-	-	-	-	
	1500	2.26.42	20200304 Fr	-	-	2.26.42 20	
	3000	5.24.85	20200226 Fr	4.54.08 15	4.54.08 15	4.54.08 15	
	5000	9.25.69	20200304 Fr	-	-	9.25.69 20	
	10000	-	-	-	-	-	
67	H65-69	Tom Askerøi			Oscar Records	1952*10*23	20
	500	1.05.33	20200122 Fr	1.04.09 19	51.6 90	51.6 90	
	1000	2.14.42	20200129 Fr	2.12.59 18	1.47.6 89	1.47.6 89	
	1500	3.25.84	20200122 Fr	3.16.52 18	2.44.5 90	2.43.6 93*	
	3000	7.29.35	20191127 Fr	7.04.47 19	5.42.4 89	5.37.6 93*	
	5000	12.23.32	20200212 Fr	11.55.88 18	9.52.9 02	9.52.9 02	
	10000	25.23.41	20200219 Fr	24.59.22 18	19.24.1 93	19.24.1 93	
59	H50-59	Eric Askildsen			AFK	1961*06*12	20
	500	45.97	20200115 Fr	47.16 17	47.16 17	44.27 19*	
	1000	-	-	1.33.76 17	1.33.76 17	1.33.76 17	
	1500	-	-	-	-	2.10.74 20*	
	3000	4.52.41	20191127 Fr	4.56.35 19	4.56.35 19	4.32.49 20*	
	5000	8.00.88	20200212 Fr	-	-	7.47.48 20*	
	10000	16.11.06	20191218 Fr	16.17.25 19	16.17.25 19	15.52.04 20*	
59	H50-59	Kjetil Narum Bakken			MT Cargoscan	1960*10*12	20
	500	47.47	20200205 Fr	44.74 12	44.74 12	43.80 09*	
	1000	1.39.06	20200129 Fr	1.31.47 16	1.31.2 09	1.27.29 11*	
	1500	2.32.05	20200122 Fr	2.19.43 12	2.18.5 04	2.11.29 07*	
	3000	5.15.46	20200226 Fr	4.43.99 11	4.43.99 11	4.34.22 11*	
	5000	9.00.75	20200212 Fr	8.10.48 11	8.05.9 09	7.47.23 11*	
	10000	19.24.62	20191218 Fr	16.53.08 16	16.53.08 16	16.12.69 08*	

72	H70-74	Geir Brunsvik				Oslo-L�rerne		1948*02*26	20
	500	55.93	20191204	Fr	53.59	19	43.6	80	42.5 68*
	1000	1.57.18	20191204	Fr	1.50.03	18	1.31.5	80	1.31.1 80*
	1500	2.53.61	20200219	Fr	2.48.67	18	2.28.3	80	2.16.1 68*
	3000		-		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
66	H65-69	Per Inge B�tnes				OsloMet		1954*04*15	20
	500	50.91	20200115	Fr	50.03	19	48.92	17	47.35 17*
	1000	1.45.41	20200129	Fr		-		-	1.33.43 17*
	1500	2.41.12	20200122	Fr	2.30.60	19	2.31.90	17	2.21.76 17*
	3000	5.43.98	20200115	Fr		-	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
26	H16-39	Clement Chaduc				Texas Instruments		1994*01*19	20
	500	42.68	20200129	Fr	44.03	19	44.03	19	42.04 20*
	1000	1.24.61	20200205	Fr		-		-	1.24.61 20
	1500	2.06.01	20200122	Fr	2.09.32	19	2.09.32	19	2.04.88 20*
	3000	4.28.02	20200226	Fr	4.21.34	19	4.21.34	19	4.21.34 19
	5000	7.39.26	20200212	Fr	7.24.08	19	7.24.08	19	7.12.56 20*
	10000	15.27.87	20191218	Fr	15.41.32	19	15.41.32	19	14.49.40 19*
61	H60-64	Frode Eidsmo				Korsv R�r-serv		1959*01*18	20
	500	44.98	20200115	Fr	44.40	19	42.89	12	40.8 85*
	1000	1.29.39	20200129	Fr	1.29.55	19	1.23.9	09	1.20.66 15*
	1500	2.15.59	20191211	Fr	2.11.46	19	2.08.5	09	2.01.73 15*
	3000	4.42.62	20200115	Fr	4.28.94	19	4.24.58	11	4.10.34 11*
	5000		-		7.45.18	19	7.27.01	13	7.03.62 11*
	10000	16.20.34	20191218	Fr	16.34.97	19	15.55.86	14	15.17.26 14*
69	H65-69	Terje Erfjord				Statnett		1951*06*21	20
	500	50.70	20200108	Fr	47.80	16	44.3	95	43.5 87*
	1000	1.43.65	20200129	Fr	1.37.37	16	1.29.1	94	1.27.7 89*
	1500	2.34.77	20200122	Fr	2.26.9	16	2.15.5	01	2.10.6 89*
	3000	5.24.73	20191127	Fr	4.55.92	16	4.40.0	02	4.31.0 94*
	5000	9.21.52	20200212	Fr	8.21.55	16	8.04.4	95	7.48.95 02*
	10000		-			-	16.08.9	93	16.08.9 93
55	H50-59	Tord Fredriksen				Telenor		1965*05*20	20
	500		-		57.70	17	57.70	17	54.74 17*
	1000		-			-		-	-
	1500		-			-		-	2.42.67 18*
	3000	6.27.76	20191127	Fr	5.41.27	17	5.41.27	17	5.37.68 18*
	5000		-		9.41.63	17	9.41.63	17	9.00.45 18*
	10000	19.34.32	20191218	Fr	19.46.77	17	19.46.77	17	18.27.66 18*
70	H70-74	Kjell Furulund				Furulund		1949*07*31	20
	500	55.92	20191211	Fr		-	53.68	17	53.68 17
	1000		-			-		-	-
	1500	2.54.77	20191211	Fr		-	2.54.88	17	2.54.77 20
	3000		-			-		-	-
	5000		-			-		-	-
	10000		-			-		-	-

69	H65-69	Pål Gulliksen				Inventum AS		1950*08*06	20	
	500	57.29	20191204	Fr	55.65	16	54.60	15	54.60	15
	1000	2.05.86	20200129	Fr	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	19	6.33.35	14	6.33.35	14
	5000		-		-		-		-	
	10000		-		-		-		-	
66	H65-69	Erik Gunnerød				Oslo Taxi		1953*09*14	20	
	500	50.87	20200115	Fr	50.64	19	43.3	96	40.6	79*
	1000	1.47.33	20200129	Fr	1.46.13	19	1.30.6	01	1.26.4	77*
	1500	2.48.34	20200122	Fr	2.45.21	19	2.17.2	95	2.16.63	01*
	3000	5.59.98	20200115	Fr	6.03.91	19	4.56.5	00	4.50.14	00*
	5000	10.33.52	20200212	Fr	10.14.68	19	8.54.6	99	8.27.8	00*
	10000		-		-		19.13.3	99	18.47.1	00*
55	H50-59	Thomas Hansteen				Rådtassene		1965*05*14	20	
	500	58.76	20200205	Fr	-		-		58.76	20
	1000	2.06.53	20200205	Fr	-		-		2.06.53	20
	1500		-		-		-		-	
	3000		-		-		-		-	
	5000		-		-		-		-	
	10000		-		-		-		-	
50	H50-59	Ståle Heitmann				Hafslund Nett		1970*04*24	20	
	500	53.28	20200226	Fr	-		-		52.12	20*
	1000	1.46.15	20200108	Fr	-		-		1.46.15	20
	1500	2.39.03	20200122	Fr	-		-		2.39.03	20
	3000	5.26.89	20200226	Fr	-		-		5.26.89	20
	5000	9.14.58	20200212	Fr	-		-		9.14.58	20
	10000	19.33.24	20191218	Fr	-		-		19.14.25	20*
76	H75-79	Asbjørn Hildrum				OPIL		1944*05*20	20	
	500	56.47	20200115	Fr	1.01.56	19	42.6	82	42.1	94*
	1000	1.58.81	20191204	Fr	2.07.48	19	1.28.1	01	1.26.53	95*
	1500		-		-		2.14.6	00	2.09.9	94*
	3000	6.32.39	20200115	Fr	-		4.39.4	00	4.35.9	94*
	5000		-		-		8.24.9	90	8.01.4	94*
	10000	24.07.53	20191218	Fr	-		16.45.2	93	16.45.2	93
56		Espen Holm				Holm.koll Trening		1963*09*25	20	
	500	53.70	20200226	Fr	-		-		53.70	20
	1000		-		-		-		-	
	1500	2.47.35	20200304	Fr	-		-		2.47.35	20
	3000	5.42.26	20200226	Fr	-		-		5.42.26	20
	5000	10.35.19	20200304	Fr	-		-		9.51.29	20*
	10000		-		-		-		20.39.55	20*
43	H40-49	Asier Peña Iturria				Flyktninghjelpen		1977*04*15	20	
	500		-		46.44	19	42.2	09	40.33	09*
	1000		-		1.30.24	19	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	8.07.13	20200212	Fr	-		8.38.1	06	6.51.72	09*
	10000		-		-		-		14.35.06	08*

31	K	Joelle Janz				Tysk Turistkontor	1988*11*24	20
	500	1.01.82	20200108	Fr	58.17 19	58.17 19	58.17 19	
	1000	2.08.14	20200108	Fr	2.10.23 19	2.10.23 19	2.08.14 20	
	1500		-		3.16.29 19	3.16.29 19	3.16.29 19	
	3000	7.11.54	20191127	Fr	6.16.70 19	6.16.70 19	6.16.70 19	
	5000		-		11.05.48 19	11.05.48 19	11.05.48 19	
	10000		-		-	-	-	
47	K	Renate Jeppsson				Velferdsetaten	1973*04*16	20
	500	46.33	20200108	Fr	46.51 18	46.51 18	42.90 07*	
	1000	1.36.39	20200108	Fr	1.44.27 19	1.44.27 19	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		-		-	-	-	
62	H60-64	Iver Johansen				FFI	1958*02*10	20
	500	49.36	20200108	Fr	47.64 18	43.1 00	42.81 99*	
	1000	1.39.28	20200108	Fr	1.46.26 18	1.27.9 00	1.25.48 06*	
	1500	2.31.80	20200122	Fr	2.26.99 18	2.14.1 02	2.11.42 02*	
	3000	5.19.20	20200219	Fr	4.56.76 18	4.47.7 00	4.35.38 02*	
	5000	9.30.08	20200304	Fr	8.27.39 18	8.19.6 02	7.59.85 02*	
	10000	18.12.80	20191218	Fr	18.13.28 18	17.19.4 93	16.37.85 07*	
35	H16-39	Hans Kristian Jorde				Aas-Jakobsen	1985*03*24	20
	500	43.78	20200108	Fr	41.82 13	41.82 13	41.29 14*	
	1000	1.25.86	20200108	Fr	1.23.02 16	1.23.02 16	1.20.54 14*	
	1500	2.13.56	20191211	Fr	2.07.11 13	2.07.11 13	2.02.39 14*	
	3000	4.45.88	20200226	Fr	4.29.27 16	4.29.27 16	4.21.03 13*	
	5000	8.51.58	20200304	Fr	7.52.53 14	7.52.53 14	7.34.29 13*	
	10000		-		16.45.59 17	16.45.59 17	16.04.73 13*	
33	K	Marit Stubø Jorde				Simonsen Vogt W	1986*09*28	20
	500	50.37	20200108	Fr	50.61 19	50.61 19	48.86 19*	
	1000	1.45.68	20200108	Fr	1.48.93 19	1.48.93 19	1.39.04 19*	
	1500	2.40.20	20200304	Fr	2.40.19 19	2.40.19 19	2.36.20 19*	
	3000	5.42.37	20200226	Fr	5.41.56 19	5.41.56 19	5.31.52 19*	
	5000	10.11.35	20200304	Fr	9.43.34 19	9.43.34 19	9.35.50 20*	
	10000	19.50.62	20191218	Fr	21.57.48 19	21.57.48 19	19.50.62 20	
50	H50-59	Nils Juell				Geodata	1970*05*30	20
	500	47.25	20200205	Fr	-	47.83 19	47.23 19*	
	1000	1.37.41	20200205	Fr	-	-	1.37.41 20	
	1500	2.28.45	20200219	Fr	-	2.34.63 19	2.24.10 20*	
	3000	5.09.82	20200226	Fr	-	-	5.03.79 20*	
	5000	9.17.11	20200304	Fr	-	9.29.20 18	8.54.91 19*	
	10000		-		-	20.06.63 19	19.32.58 20*	
26	H16-39	Erik Aske Kolstad				E. Kolstad	1994*02*01	20
	500	50.84	20191211	Fr	54.35 18	54.35 18	50.84 20	
	1000		-		2.03.07 18	2.03.07 18	2.03.07 18	
	1500	2.51.00	20191211	Fr	-	-	2.51.00 20	
	3000	5.52.67	20200115	Fr	-	-	5.52.67 20	
	5000		-		-	-	-	
	10000		-		-	-	-	

28	H16-39	Morten Aske Kolstad			Kolstad		1992*05*05	20
	500	43.58	20191211	Fr	42.41	19	41.07	19*
	1000	1.30.77	20200108	Fr	1.26.73	19	1.22.37	18*
	1500	2.21.93	20191211	Fr	2.13.06	18	2.05.91	19*
	3000	4.59.03	20200226	Fr	4.48.62	18	4.30.54	19*
	5000	8.55.18	20200212	Fr	8.15.07	17	7.47.37	18*
	10000	-	-	-	18.17.70	18	16.16.62	17*
58	H50-59	Ole Kjell Langmyren			Gabler		1961*08*03	20
	500	58.20	20200226	Fr	-	-	58.20	20
	1000	2.01.11	20191204	Fr	-	-	2.01.11	20
	1500	2.54.11	20200219	Fr	-	3.10.0	2.54.11	20
	3000	5.57.72	20200115	Fr	-	-	5.57.72	20
	5000	10.01.80	20200212	Fr	-	-	10.01.80	20
	10000	-	-	-	-	-	21.24.96	20*
41	H40-49	Steinar Leikvangen			PUPIL		1978*07*19	20
	500	50.64	20200108	Fr	50.45	19	50.45	19
	1000	1.48.72	20200108	Fr	-	-	1.48.72	20
	1500	2.52.57	20200122	Fr	2.48.12	19	2.48.12	19
	3000	-	-	-	6.05.86	19	6.05.86	19
	5000	11.54.49	20200219	Fr	10.38.59	19	10.38.59	19
	10000	-	-	-	-	-	-	-
36	H16-39	Martin Grothe Lien			Bygganalyse		1983*07*06	20
	500	45.65	20200108	Fr	45.19	18	45.18	18*
	1000	1.32.67	20200205	Fr	1.31.23	18	1.31.23	18
	1500	2.22.04	20200122	Fr	2.19.49	18	2.14.30	18*
	3000	4.57.90	20200226	Fr	4.51.79	18	4.44.66	19*
	5000	8.32.73	20200212	Fr	8.29.62	19	8.18.80	18*
	10000	18.04.44	20200219	Fr	18.00.31	18	18.00.31	18
78	H75-79	Magnar Lundberg			LKS		1942*04*15	20
	500	53.79	20191211	Fr	51.75	17	45.0	73
	1000	1.48.70	20200205	Fr	1.44.63	17	1.35.7	71
	1500	2.42.91	20191211	Fr	2.38.58	18	2.29.1	70
	3000	5.47.29	20200226	Fr	5.37.56	17	5.31.4	72
	5000	9.50.98	20200212	Fr	9.36.98	17	9.05.76	17*
	10000	19.52.20	20191218	Fr	19.14.77	17	18.45.30	16*
61	H60-64	Ole Løland			ASSA ABLOY		1959*03*16	20
	500	54.54	20200205	Fr	-	-	54.54	20
	1000	1.51.03	20200205	Fr	-	-	1.51.03	20
	1500	2.55.41	20200122	Fr	-	-	2.55.41	20
	3000	5.59.99	20200219	Fr	-	-	5.59.99	20
	5000	10.14.44	20200212	Fr	-	-	10.14.44	20
	10000	-	-	-	-	-	-	-
60	H60-64	Erik Michelsen			Ivar Pettersen		1960*01*23	20
	500	53.01	20200226	Fr	-	51.89	51.89	19
	1000	1.49.39	20200129	Fr	-	1.49.48	1.49.39	20
	1500	2.46.98	20200122	Fr	-	2.50.38	2.46.98	20
	3000	5.55.10	20200226	Fr	-	5.51.86	5.51.86	19
	5000	10.14.64	20200304	Fr	-	10.10.75	10.10.75	19
	10000	21.24.94	20191218	Fr	-	-	21.21.34	19*

49	H40-49	Ole Martin Nodenes				Unit		1971*01*31	20	
	500	50.85	20200226	Fr	56.17	19	56.17	19	50.85	20
	1000	1.50.73	20200205	Fr	1.56.04	19	1.56.04	19	1.50.73	20
	1500	2.49.47	20200219	Fr	-		-		2.48.97	20*
	3000	5.55.81	20200226	Fr	6.46.57	19	6.46.57	19	5.55.81	20
	5000	9.54.33	20200212	Fr	10.48.93	19	10.48.93	19	9.54.33	20
	10000	22.35.36	20191218	Fr	-		-		21.21.63	20*
41	H40-49	Frode Nordahl					Nimble		1979*06*23	20
	500	53.29	20200108	Fr	-		55.73	18	50.43	18*
	1000	1.48.23	20200108	Fr	-		-		1.44.07	18*
	1500	-	-	-	-		3.14.36	16	2.45.23	18*
	3000	-	-	-	-		-		6.10.89	18*
	5000	-	-	-	-		-		-	
	10000	-	-	-	-		-		-	
68	H65-69	Stein Opdahl					SSB		1952*03*01	20
	500	54.46	20191211	Fr	52.62	18	46.5	01	46.5	01
	1000	1.50.68	20191204	Fr	1.48.45	18	1.34.5	04	1.33.71	03*
	1500	2.53.55	20191211	Fr	2.48.95	17	2.24.5	02	2.21.07	03*
	3000	6.18.35	20200115	Fr	5.59.26	18	5.02.4	02	4.57.39	02*
	5000	-	-	-	10.42.45	19	8.47.1	00	8.36.77	03*
	10000	-	-	-	21.08.13	17	18.12.2	04	17.36.55	03*
59	H50-59	Espen Riktor					Riktorsoft		1961*05*16	20
	500	-	-	-	52.10	19	52.10	19	51.35	15*
	1000	-	-	-	1.45.42	18	1.45.42	18	1.45.42	18
	1500	-	-	-	2.35.63	17	2.35.63	17	2.29.39	15*
	3000	-	-	-	5.18.64	16	5.18.64	16	5.16.26	19*
	5000	9.14.43	20200219	Fr	9.08.63	15	9.08.63	15	8.49.61	18*
	10000	19.45.13	20191218	Fr	19.19.84	19	19.19.84	19	18.12.34	15*
59	H50-59	Torgeir Rundsveen					Rundsveen		1961*02*21	20
	500	51.39	20200122	Fr	51.59	19	51.59	19	43.3	90*
	1000	1.46.67	20191204	Fr	1.51.23	19	1.51.23	19	1.26.8	90*
	1500	2.44.63	20200219	Fr	2.46.17	19	2.46.17	19	2.13.9	89*
	3000	5.44.69	20200115	Fr	6.01.24	19	6.01.24	19	4.46.0	90*
	5000	10.17.46	20200212	Fr	-		-		8.11.1	90*
	10000	-	-	-	-		-		17.24.4	90*
61	H60-64	Vidar Skripeland					Skripeland Cons.		1959*05*26	20
	500	-	-	-	-		49.87	14	47.41	16*
	1000	-	-	-	-		-		-	
	1500	-	-	-	-		-		2.19.49	19*
	3000	-	-	-	-		5.14.09	16	4.45.03	16*
	5000	8.29.11	20200212	Fr	8.19.04	19	8.19.04	19	7.46.16	17*
	10000	17.33.76	20200219	Fr	17.22.24	19	16.40.67	16	15.48.15	17*
62	H60-64	John K Solem					DNB		1957*07*11	20
	500	51.37	20200108	Fr	50.98	19	48.0	08	47.89	08*
	1000	1.47.87	20200108	Fr	1.42.74	19	1.37.9	10	1.37.47	11*
	1500	2.45.15	20200122	Fr	2.41.49	19	2.28.9	10	2.25.19	08*
	3000	5.55.37	20200115	Fr	5.46.67	19	5.13.3	08	5.05.36	10*
	5000	10.14.32	20200212	Fr	-		9.19.0	08	8.53.52	08*
	10000	-	-	-	-		-		18.36.54	08*

65	H65-69	Arne Stenhaug				ABC Matter		1955*06*16	20
	500	47.58	20200108	Fr	-	41.9	07	41.21	09*
	1000	1.42.98	20200129	Fr	-	1.25.5	03	1.21.98	10*
	1500		-		-	2.13.5	06	2.03.45	07*
	3000	5.35.37	20200219	Fr	-	4.37.6	06	4.23.55	07*
	5000		-		-	8.11.8	08	7.38.80	07*
	10000		-		-	16.53.7	06	16.16.06	07*
64	H60-64	Per Gunnar Stensvaag				SAS		1956*05*18	20
	500	47.50	20200129	Fr	46.16	44.6	05	43.63	04*
	1000	1.42.20	20200129	Fr	1.42.60	1.42.60	17	1.27.71	13*
	1500		-		2.36.05	2.27.0	03	2.12.5	06*
	3000	5.30.36	20200226	Fr	5.38.47	5.12.2	06	4.36.72	06*
	5000		-		-	8.52.46	14	7.50.53	07*
	10000		-		19.34.51	17.44.8	04	16.49.57	04*
60	H60-64	Rune Sundland				Airborne AS		1960*06*25	20
	500	54.48	20200115	Fr	-	56.64	18	54.48	20
	1000	1.53.43	20200129	Fr	-	-		1.53.43	20
	1500	2.58.45	20200304	Fr	-	2.54.31	18	2.52.43	20*
	3000	6.03.12	20200226	Fr	-	6.01.85	18	6.01.85	18
	5000	10.47.41	20200304	Fr	-	10.45.63	18	10.20.11	16*
	10000		-		-	-		21.28.14	16*
48	H40-49	Erik Thorstensen				OsloMet		1972*03*14	20
	500	56.16	20200108	Fr	1.01.20	1.01.20	19	56.16	20
	1000	1.53.25	20200108	Fr	2.06.36	2.06.36	19	1.53.25	20
	1500	2.53.79	20200304	Fr	3.07.08	3.07.08	19	2.53.79	20
	3000	5.58.69	20200115	Fr	6.23.50	6.23.50	19	5.58.69	20
	5000	10.10.53	20200212	Fr	11.08.52	11.08.52	19	10.10.53	20
	10000	21.38.45	20191218	Fr	-	-		21.38.45	20
69	H65-69	Erik Vea				Lillestr. Komm.		1951*06*11	20
	500	46.98	20200108	Fr	45.42	41.6	91	40.02	78*
	1000	1.36.50	20200129	Fr	1.32.23	1.25.8	07	1.20.8	79*
	1500	2.25.98	20200122	Fr	2.19.86	2.05.0	92	2.00.44	80*
	3000	5.06.04	20200226	Fr	4.43.64	4.29.5	91	4.12.40	04*
	5000	8.40.34	20200212	Fr	8.47.15	8.05.3	10	7.20.85	04*
	10000	18.48.96	20191218	Fr	18.27.41	18.27.41	19	15.34.5	78*
48	H40-49	Sveinung Vea				Skift Gir		1972*05*24	20
	500	47.12	20200115	Fr	45.20	45.20	16	45.20	16
	1000	1.35.64	20200129	Fr	1.34.10	1.34.10	13	1.28.85	18*
	1500		-		2.18.32	2.18.32	16	2.14.30	16*
	3000	4.58.50	20200115	Fr	4.48.00	4.48.00	13	4.38.86	16*
	5000	8.16.96	20200212	Fr	8.16.31	8.16.31	16	7.59.10	16*
	10000		-		16.42.61	16.42.61	17	16.14.26	17*
39	H16-39	Johannes Vingerhagen				OPIL		1981*08*26	20
	500	1.40.48	20200108	Fr	-	-		1.40.48	20
	1000	2.42.76	20200108	Fr	-	-		2.42.76	20
	1500		-		-	-		-	
	3000		-		-	-		-	
	5000		-		-	-		-	
	10000		-		-	-		-	

77	H75-79	Ivar Ødegaard				Ivar Ødegaard		1942*11*16		20
	500		-		-			46.6	65*	
	1000		-		-			1.52.6	58*	
	1500	3.23.57	20200219	Fr	-			2.28.6	65*	
	3000		-		-			5.14.2	65*	
	5000		-		-				-	
	10000		-		-				-	
69	H65-69	Øivind Øiseth (Andersen)				Katalogforl.		1951*04*05		20
	500	51.06	20191211	Fr	47.85	16	43.2	90	42.1	81*
	1000	1.41.40	20200129	Fr	1.36.71	16	1.25.9	90	1.23.5	89*
	1500	2.32.69	20191211	Fr	2.26.09	17	2.10.7	90	2.06.7	89*
	3000	5.15.72	20200219	Fr	4.56.25	16	4.36.7	89	4.30.9	93*
	5000	8.45.76	20200212	Fr	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