

		OBIKs SKØYTELEKSIKON		pr 2011-04-21:					
		Kun deltagere 1984/1985 -		dato					
Alder	Klasse	Navn		Bedrift		Født		sist	
denne	2010/11	Beste OBIK-løp		OBIK-beste		Pers. rek.		reg.	
ses.		sesongen 2010/11		før sesongen		(*=ikke OBIK)		ses.	
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58	H50-59	Tom Askerøi		Oscar Records		23.10.1952		11	
	500	59.94 110126 VH		51.6 90		51.6 90			
	1000	2.09.82 110216 VH		1.47.6 89		1.47.6 89			
	1500	3.14.19 110209 VH		2.44.5 90		2.43.6 93*			
	3000	6.33.26 110126 VH		5.42.4 89		5.37.6 93*			
	5000	11.14.35 110223 VH		9.52.9 02		9.52.9 02			
	10000	23.49.71 110309 VH		19.24.1 93		19.24.1 93			
50	H50-59	Kjetil Narum Bakken		Alcatel-Lucent		12.10.1960		11	
	500	45.38 110208 VH		44.9 00		43.80 09*			
	1000	1.33.14 110216 VH		1.31.2 09		1.28.19 05*			
	1500	2.24.03 110209 VH		2.18.5 04		2.11.29 07*			
	3000	4.43.99 110208 VH		4.50.8 08		4.35.14 07*			
	5000	8.10.48 110209 VH		8.05.9 09		7.51.37 08*			
	10000	16.58.33 101215 VH		17.05.2 08		16.12.69 08*			
56	H50-59	Odd Oskar Bjelke		H.M.S.		07.08.1954		11	
	500	45.94 110112 VH		45.1 09		44.41 09*			
	1000	1.34.86 101208 VH		1.34.0 09		1.30.59 09*			
	1500	2.24.99 110112 VH		2.22.0 09		2.20.49 09*			
	3000	5.16.37 110105 VH		4.57.5 08		4.53.92 09*			
	5000	9.07.44 110119 VH		8.47.7 08		8.30.76 07*			
	10000	-		18.28.8 03		17.52.33 07*			
53	H50-59	Terje Bjørk		Korsv Rør-serv		16.06.1958		11	
	500	46.67 110126 VH		45.8 05		45.8 05			
	1000	1.36.20 101208 VH		1.29.3 06		1.29.3 06			
	1500	2.17.09 110112 VH		2.17.0 09		2.11.61 07*			
	3000	4.39.23 110126 VH		4.39.3 05		4.34.35 07*			
	5000	7.58.83 110119 VH		7.49.0 09		7.34.71 05*			
	10000	16.32.45 101215 VH		16.09.0 04		15.44.79 05*			
55	H50-59	Ivar Dahl		NIVA		25.07.1955		11	
	500	43.95 110208 VH		41.9 00		41.0 94*			
	1000	1.29.09 110215 VH		1.28.2 96		1.22.4 00*			
	1500	2.19.29 110209 VH		2.08.7 00		2.03.90 02*			
	3000	4.47.78 110208 VH		4.24.9 00		4.17.41 00*			
	5000	-		7.42.2 00		7.22.26 02*			
	10000	-		15.54.9 02		15.54.9 02			
41	H40-49	Kjetil Davidsen		DD Entreprenør		31.07.1969		11	
	500	47.70 101208 VH		-		46.3 07*			
	1000	1.35.29 101208 VH		-		-			
	1500	-		-		2.24.9 06*			
	3000	5.06.92 101201 VH		-		5.19.68 06*			
	5000	-		-		8.32.8 06*			
	10000	19.46.88 101215 VH		-		17.54.86 06*			
52	H50-59	Frode Eidsmo		NAN		18.01.1959		11	
	500	43.26 110112 VH		43.5 09		40.8 85*			
	1000	-		1.23.9 09		1.22.29 09*			
	1500	2.08.84 110209 VH		2.08.5 09		2.02.10 87*			
	3000	4.24.58 110208 VH		4.27.0 10		4.12.7 85*			
	5000	7.33.97 110209 VH		7.43.5 10		7.15.75 87*			
	10000	-		-		15.20.29 84*			

43 H40-49	Petter Enholm		Snapper		09.05.1968	11
500	45.53	110208 VH	44.7	06	43.90	08*
1000		-	1.28.7	10	1.28.7	10
1500	2.17.48	110209 VH	2.15.5	05	2.10.09	08*
3000	4.39.35	110208 VH	4.34.2	08	4.27.1	08*
5000	8.01.92	110119 VH	7.53.6	08	7.42.79	09*
10000	17.40.93	101215 VH	17.04.5	08	16.02.91	08*
60 H60-64	Terje Erfjord		Statnett		21.06.1951	11
500	48.19	110223 VH	44.3	95	43.5	87*
1000	1.35.07	110215 VH	1.29.1	94	1.27.7	89*
1500	2.21.69	110112 VH	2.15.5	01	2.10.6	89*
3000	4.48.90	110208 VH	4.40.0	02	4.31.0	94*
5000	8.33.21	110119 VH	8.04.4	95	7.48.95	02*
10000		-	16.08.9	93	16.08.9	93
79 H75-79	Martin Fagna		NBBL Utb		16.01.1932	11
500	53.04	110208 VH	43.6	79	43.2	87*
1000	1.56.16	110216 VH	1.29.5	80	1.29.3	87*
1500	2.53.01	110209 VH	2.21.7	78	2.17.9	89*
3000	6.15.02	110208 VH	5.11.7	84	5.01.6	65*
5000	12.12.12	110209 VH	9.03.3	90	8.36.4	65*
10000		-	19.40.0	85	18.05.1	65*
50 H50-59	Paul D. Fitzgerald		Oscar R/Irland		20.05.1961	11
500	50.38	110223 VH	48.5	91	46.55	06*
1000		-	1.42.6	91	1.31.60	07*
1500		-	2.28.8	98	2.17.78	01*
3000		-	5.13.8	91	4.43.12	03*
5000	8.59.57	110223 VH	8.41.9	95	7.59.44	05*
10000		-	18.05.6	95	16.42.75	06*
53 H50-59	Terje Fjæreide		JVIL		02.10.1957	11
500	49.20	110223 VH	46.7	07	45.7	02*
1000	1.40.48	101208 VH	1.32.5	07	1.31.71	99*
1500	2.31.61	101215 VH	2.25.2	07	2.17.92	01*
3000		-	5.12.8	04	4.50.87	01*
5000		-	8.58.7	07	8.13.88	01*
10000		-		-	17.38.58	99*
69 H65-69	Kolbjørn Fosslund		Fosslund		05.10.1941	11
500	58.21	101215 VH	44.8	81	44.8	81
1000		-	1.31.9	80	1.31.9	80
1500		-	2.21.2	81	2.21.2	81
3000		-	5.03.3	81	5.03.3	81
5000		-	8.44.5	80	8.41.0	93*
10000		-	17.52.8	93	17.52.8	93
54 H50-59	Bjørn Fæster		Plannja		23.02.1957	11
500	57.07	110112 VH		-		-
1000		-		-		-
1500	3.11.01	110112 VH	3.22.3	10	3.22.3	10
3000		-		-		-
5000		-		-		-
10000		-		-		-
49 H40-49	Jon Ketil Gauslaa		Domstolene		10.01.1962	11
500	46.06	110112 VH	45.4	99	45.2	99*
1000	1.29.41	110215 VH	1.29.1	10	1.28.30	09*
1500	2.12.30	110112 VH	2.13.2	10	2.09.17	07*
3000	4.31.24	110208 VH	4.35.3	10	4.27.35	07*
5000	7.41.15	110209 VH	7.56.6	07	7.28.60	07*
10000	16.17.32	110309 VH	16.16.5	10	15.58.71	07*

41 H40-49	Tommy Grønlund			Tine		20.10.1969	11
500		-			-		
1000	1.45.56	110309	VH		-		
1500					-		
3000					-		
5000					-		
10000					-		
60 H60-64	Pål Gulliksen			Inventum AS		06.08.1950	11
500	56.80	110302	VH		-		
1000	2.08.69	101208	VH		-		
1500	3.10.71	110112	VH		-		
3000					-		
5000					-		
10000					-		
57 H50-59	Erik Gunnerød			Oslo Taxi		14.09.1953	11
500	47.07	110112	VH	43.3	96	40.6	79*
1000	1.36.30	110215	VH	1.30.6	01	1.26.4	77*
1500	2.35.46	110209	VH	2.17.2	95	2.16.63	01*
3000	5.30.64	110208	VH	4.56.5	00	4.50.14	00*
5000	9.42.08	110209	VH	8.54.6	99	8.27.8	00*
10000				19.13.3	99	18.47.1	00*
55 H50-59	Espen Hansen			Nycomed Pharm		03.01.1956	11
500	43.91	110112	VH	41.8	91	41.2	93*
1000	1.29.25	110215	VH	1.22.3	00	1.20.51	99*
1500	2.17.52	110209	VH	2.07.2	00	2.02.28	99*
3000	4.42.38	110208	VH	4.22.7	95	4.11.21	99*
5000	8.09.44	110209	VH	7.38.4	00	7.18.47	02*
10000				16.05.7	93	15.57.34	08*
58 H50-59	Alf Harbitz			Havforsk.		20.07.1952	11
500	49.27	110302	VH		-		
1000					-		
1500	2.37.64	110302	VH		-		
3000					-		
5000				9.06.2	10	9.06.2	10
10000					-		
52 K	Sara Hemmer			Sogn VGS		25.03.1959	11
500	1.05.70	110216	VH		-		
1000	2.12.35	110216	VH		-		
1500	3.13.15	110209	VH		-		
3000	6.27.19	110208	VH		-		
5000	11.12.35	110209	VH		-		
10000					-		
67 H65-69	Asbjørn Hildrum			OPIL		20.05.1944	11
500	47.70	110208	VH	42.6	82	42.1	94*
1000	1.37.63	110215	VH	1.28.1	01	1.26.53	95*
1500	2.32.22	110209	VH	2.14.6	00	2.09.9	94*
3000	5.08.22	110208	VH	4.39.4	00	4.35.9	94*
5000	8.59.97	110223	VH	8.24.9	90	8.01.4	94*
10000				16.45.2	93	16.45.2	93
66 H65-69	Per Magne Huse			EDB Business P		28.07.1944	11
500	49.32	110208	VH	43.0	79	43.0	79
1000	1.39.31	110215	VH	1.29.5	83	1.29.5	83
1500	2.33.70	110209	VH	2.19.2	79	2.17.4	94*
3000	5.25.42	110208	VH	4.58.9	78	4.50.4	94*
5000	9.34.96	110209	VH	8.27.4	79	8.27.4	79
10000				17.44.0	80	17.44.0	80

54 H50-59	Ragnar Jensen			Tine		10.07.1956	11
	500	-			-	-	
	1000	1.59.12	110309	VH		-	
	1500	-			-	-	
	3000	-			-	-	
	5000	-			-	-	
	10000	-			-	-	
53 H50-59	Iver Johansen			FFI		10.02.1958	11
	500	45.03	110112	VH	43.1 00	42.81 99*	
	1000	1.32.11	110215	VH	1.27.9 00	1.25.48 06*	
	1500	2.19.35	110209	VH	2.14.1 02	2.11.42 02*	
	3000	4.50.07	110208	VH	4.47.7 00	4.35.38 02*	
	5000	8.30.42	110119	VH	8.19.6 02	7.59.85 02*	
	10000	-			17.19.4 93	16.37.85 07*	
50 H50-59	Gunnar Ligaarden			AdvokatDirekt		09.03.1961	11
	500	49.11	110126	VH	47.2 07	46.15 08*	
	1000	1.37.34	110215	VH	1.33.2 07	1.32.30 09*	
	1500	2.29.78	110209	VH	2.21.8 08	2.14.22 07*	
	3000	5.13.34	110126	VH	4.56.4 08	4.42.09 07*	
	5000	9.00.74	110223	VH	8.41.7 09	8.20.48 07*	
	10000	-			17.47.6 06	17.19.44 07*	
47 H40-49	Gerrit Middelkoop			N Folkehelse		19.03.1964	11
	500	53.32	110302	VH	-	-	
	1000	1.53.13	101208	VH	-	-	
	1500	2.45.99	110112	VH	-	-	
	3000	5.38.11	110126	VH	-	-	
	5000	9.41.39	110119	VH	-	-	
	10000	22.11.37	101215	VH	-	-	
53 G50-59	Per Moberg			Sverige		01.04.1958	11
	500	44.17	110112	VH	-	-	
	1000	-			-	-	
	1500	2.25.79	110112	VH	-	-	
	3000	-			-	-	
	5000	-			-	-	
	10000	-			-	-	
59 H50-59	Arvid Moger			Park & idrett		26.08.1951	11
	500	50.82	110126	VH	45.7 00	44.59 06*	
	1000	-			1.33.4 05	1.30.11 01*	
	1500	-			2.21.2 00	2.13.36 06*	
	3000	5.16.24	110126	VH	4.51.9 06	4.32.72 06*	
	5000	9.03.22	110119	VH	8.20.8 05	7.51.49 06*	
	10000	-			17.21.0 00	16.29.48 06*	
50 H50-59	Henry Nilsen			Oslo Taxi		12.04.1961	11
	500	49.24	110302	VH	52.8 91	40.80 86*	
	1000	-			1.58.0 91	1.21.0 85*	
	1500	2.41.49	110302	VH	-	2.02.96 86*	
	3000	-			-	4.14.06 86*	
	5000	-			-	7.08.97 84*	
	10000	-			-	14.54.7 88*	
56 H50-59	Ragnvald Næss			Svalbard Politi		05.07.1954	11
	500	45.34	110216	VH	43.4 01	40.6 85*	
	1000	1.28.85	110216	VH	-	1.21.27 85*	
	1500	-			2.13.7 01	2.02.42 83*	
	3000	-			-	4.18.46 02*	
	5000	-			-	7.16.66 84*	
	10000	-			16.13.7 06	15.29.53 01*	

54 H50-59	Tom Olberg		SAP		19.08.1956	11
500	50.39	101215 VH	50.2	10	50.2 10	
1000	1.44.58	110215 VH	1.49.7	10	1.49.7 10	
1500	3.07.04	110202 VH	2.53.3	10	2.53.3 10	
3000	-	-	-	-	-	
5000	-	-	-	-	-	
10000	-	-	-	-	-	
59 H50-59	Stein Opdahl		SSB		01.03.1952	11
500	49.95	110112 VH	46.5	01	46.5 01	
1000	-	-	1.34.5	04	1.33.71 03*	
1500	2.38.63	110112 VH	2.24.5	02	2.21.07 03*	
3000	5.41.25	110208 VH	5.02.4	02	4.57.39 02*	
5000	9.35.17	110209 VH	8.47.1	00	8.36.77 03*	
10000	19.57.06	101215 VH	18.12.2	04	17.36.55 03*	
42 H40-49	Ole Espen Rakkestad		Nokut		18.11.1968	11
500	48.08	110223 VH	47.9	08	47.9 08	
1000	1.36.58	101208 VH	2.08.8	07	2.08.8 07	
1500	2.25.92	110209 VH	2.23.5	10	2.23.5 10	
3000	4.58.91	110126 VH	4.54.5	08	4.54.5 08	
5000	8.42.88	110209 VH	8.19.8	07	8.19.27 09*	
10000	18.16.62	101215 VH	17.33.8	08	17.33.8 08	
45 H40-49	Kim Sekkelsten		DNT		02.07.1965	11
500	59.51	110216 VH	59.2	09	59.2 09	
1000	2.01.93	110216 VH	2.02.3	09	2.02.3 09	
1500	3.06.57	110209 VH	3.05.2	10	3.05.2 10	
3000	6.27.84	110208 VH	6.31.5	08	6.31.5 08	
5000	11.07.41	110209 VH	11.00.9	09	11.00.9 09	
10000	23.55.55	110309 VH	21.59.9	09	21.59.9 09	
53 H50-59	John K Solem		DnB NOR		11.07.1957	11
500	49.77	110309 VH	48.0	08	47.89 08*	
1000	-	-	1.37.9	10	1.37.9 08*	
1500	2.34.75	110309 VH	2.28.9	10	2.25.19 08*	
3000	-	-	5.13.3	08	5.08.16 07*	
5000	-	-	9.19.0	08	8.53.52 08*	
10000	-	-	-	-	18.36.54 08*	
56 H50-59	Arne Stenhaus		CRS		16.06.1955	11
500	43.81	110126 VH	41.9	07	41.21 09*	
1000	1.30.40	110216 VH	1.25.5	03	1.22.37 09*	
1500	2.19.11	110209 VH	2.13.5	06	2.03.45 07*	
3000	4.59.29	110208 VH	4.37.6	06	4.23.55 07*	
5000	8.21.23	110209 VH	8.11.8	08	7.38.80 07*	
10000	-	-	16.53.7	06	16.16.06 07*	
68 H65-69	Sven-Åge Svensson		Atea		08.07.1942	11
500	49.62	110208 VH	43.5	00	43.5 93*	
1000	1.45.08	110215 VH	1.27.1	00	1.25.95 99*	
1500	2.42.62	110209 VH	2.14.5	00	2.10.95 99*	
3000	-	-	4.40.6	00	4.34.8 94*	
5000	-	-	8.13.3	00	7.59.9 93*	
10000	-	-	16.43.8	93	16.43.8 93	
59 H50-59	Peder Tyvand		UMB		02.09.1951	11
500	-	-	50.1	90	50.1 90	
1000	-	-	1.46.0	02	1.46.0 02	
1500	-	-	2.44.6	00	2.39.92 05*	
3000	-	-	5.56.2	01	5.56.2 01	
5000	11.47.53	110223 VH	10.38.3	00	10.02.49 05*	
10000	-	-	22.34.8	04	21.07.93 06*	

60 H60-64	Erik Vea			Sørum Komm.		11.06.1951	11
500	43.98	110112	VH	41.6	91	40.02 78*	
1000	1.30.07	101208	VH	1.25.8	07	1.20.8 79*	
1500	2.13.07	110112	VH	2.05.0	92	2.00.44 80*	
3000	4.50.46	101215	VH	4.29.5	91	4.12.40 04*	
5000	8.21.65	110119	VH	8.05.3	10	7.20.85 04*	
10000			-		-	15.34.5 78*	
43 H40-49	Christian Vogelsang			NIVA		10.01.1968	11
500			-	47.2	06	46.48 07*	
1000			-	1.32.9	09	1.32.9 09	
1500			-	2.20.2	09	2.19.3 09*	
3000			-	4.43.5	06	4.43.5 06	
5000	8.41.95	110119	VH	8.33.1	09	8.18.6 06*	
10000			-	17.17.3	06	17.14.8 06*	