

Tom Askerøi:
 OBIKs SKØYTELEKSIKON
 Kun deltagere 1984/1985 ->

pr 2013-04-01
 dato

Alder denne ses.	Klasse	Navn	Beste OBIK-løp sesongen 2012/13	Bedrift	OBIK-beste før sesongen	Født	Pers. rek. (*=ikke OBIK)	sist reg. ses.
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56	H50-59	Pål Agdestein		Agdestein...	1957*05*26	13		
	500	44.45	121128 Fr	41.1	05	40.3	93*	
	1000		-	1.21.9	99	1.20.8	00*	
	1500		-	2.06.6	00	2.02.59	11*	
	3000	4.46.82	121128 Fr	4.31.1	99	4.16.50	11*	
	5000		-	7.48.5	99	7.25.09	02*	
	10000		-	15.44.6	93	15.42.56	12*	
60	H60-64	Tom Askerøi		Oscar Records	1952*10*23	13		
	500	1.01.83	130130 VH	51.6	90	51.6	90	
	1000	2.14.77	130123 VH	1.47.6	89	1.47.6	89	
	1500	3.15.37	130306 VH	2.44.5	90	2.43.6	93*	
	3000	6.49.51	130213 VH	5.42.4	89	5.37.6	93*	
	5000	11.26.61	130102 VH	9.52.9	02	9.52.9	02	
	10000	24.01.30	130220 VH	19.24.1	93	19.24.1	93	
52	H50-59	Kjetil Narum Bakken		Alcatel-Lucent	1960*10*12	13		
	500	49.16	121128 Fr	44.74	12	43.80	09*	
	1000		-	1.31.2	09	1.27.29	11*	
	1500		-	2.18.5	04	2.11.29	07*	
	3000	5.02.94	121205 VH	4.43.99	11	4.34.22	11*	
	5000		-	8.05.9	09	7.47.23	11*	
	10000		-	16.58.33	11	16.12.69	08*	
58	H50-59	Odd Oskar Bjelke		H.M.S.	1954*08*07	13		
	500	47.55	130123 VH	45.1	09	44.41	09*	
	1000	1.37.82	130122 VH	1.34.0	09	1.30.59	09*	
	1500		-	2.22.0	09	2.20.49	09*	
	3000		-	4.57.5	08	4.53.92	09*	
	5000		-	8.47.7	08	8.30.76	07*	
	10000		-	18.28.8	03	17.52.33	07*	
55	H50-59	Terje Bjørk		Korsv Rør-serv	1958*06*16	13		
	500	47.24	130306 VH	45.8	05	45.6	12*	
	1000	1.32.32	121212 VH	1.29.3	06	1.29.3	06	
	1500	2.14.01	130306 VH	2.13.77	12	2.11.30	13*	
	3000	4.38.42	130213 VH	4.39.23	11	4.28.04	13*	
	5000	7.48.90	130102 VH	7.49.0	09	7.34.71	05*	
	10000	16.14.88	121219 VH	16.09.0	04	15.44.79	05*	
65	H65-69	Geir Brunsvik		Oslo-Lærerne	1948*02*26	13		
	500	50.66	130213 VH	43.6	80	42.5	68*	
	1000	1.47.70	130122 VH	1.31.5	80	1.31.5	80	
	1500	2.40.31	130227 VH	2.28.3	80	2.16.1	68*	
	3000		-	5.40.0	80	4.56.7	68*	
	5000		-		-	8.39.9	68*	
	10000		-		-		-	
57	H50-59	Ivar Dahl		NIVA	1955*07*25	13		
	500	45.77	130109 VH	41.9	00	41.0	94*	
	1000	1.36.80	121212 VH	1.28.2	96	1.22.4	00*	
	1500	2.27.88	130109 VH	2.08.7	00	2.03.90	02*	
	3000		-	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	

43	H40-49	Kjetil Davidsen		DD Entreprenør	1969*07*31	13
	500	48.71 121128	Fr	47.70 11	46.3 07*	
	1000		-	1.35.29 11	1.35.29 11	
	1500		-	-	2.24.9 06*	
	3000	5.14.82 121128	Fr	5.06.92 11	5.06.92 11	
	5000		-	-	8.32.8 06*	
	10000		-	19.46.88 11	17.54.86 06*	
22	H16-39	William Davidsen		DD Entreprenør	1991*05*18	13
	500		-	47.60 12	46.94 11*	
	1000		-	1.45.39 12	1.44.63 09*	
	1500		-	-	2.33.04 11*	
	3000	6.00.40 121205	VH	-	6.00.40 13	
	5000		-	-	9.31.89.13*	
	10000		-	-	20.38.0 10*	
54	H50-59	Frode Eidsmo		NAN	1959*01*18	13
	500	43.83 130102	VH	42.89 12	40.8 85*	
	1000		-	1.23.9 09	1.21.20 12*	
	1500		-	2.08.5 09	2.01.97 11*	
	3000		-	4.24.58 11	4.10.34 11*	
	5000	7.27.01 130102	VH	7.30.13 12	7.03.62 11*	
	10000		-	-	15.20.29 84*	
62	H60-64	Terje Erfjord		Statnett	1951*06*21	13
	500	47.18 130130	VH	44.3 95	43.5 87*	
	1000	1.35.63 130123	VH	1.29.1 94	1.27.7 89*	
	1500	2.21.74 130306	VH	2.15.5 01	2.10.6 89*	
	3000	4.51.61 130226	VH	4.40.0 02	4.31.0 94*	
	5000	8.25.57 130102	VH	8.04.4 95	7.48.95 02*	
	10000		-	16.08.9 93	16.08.9 93	
55	H50-59	Lars Petter Ernø		Shellklubben	1958*02*22	13
	500	55.78 130226	VH	-	53.7 12*	
	1000		-	-	-	
	1500	2.45.94 130227	VH	-	2.42.8 12*	
	3000	5.38.40 130226	VH	-	5.38.40 13	
	5000	9.30.22 130227	VH	9.35.29 12	9.25.2 12*	
	10000		-	19.31.45 12	19.31.45 12	
81	H80-84	Martin Fagna		NBBL Utb	1932*01*16	13
	500	56.85 130226	VH	43.6 79	43.2 87*	
	1000	2.03.20 130123	VH	1.29.5 80	1.29.3 87*	
	1500	3.09.27 130227	VH	2.21.7 78	2.17.9 89*	
	3000	6.43.01 130226	VH	5.11.7 84	5.01.6 65*	
	5000	12.18.93 130227	VH	9.03.3 90	8.36.4 65*	
	10000		-	19.40.0 85	18.05.1 65*	
62	H60-64	Hasse Farstad		Europower	1950*07*24	13
	500	49.22 130306	VH	47.5 08	42.4 72*	
	1000		-	1.36.0 10	1.28.3 72*	
	1500	2.27.56 130306	VH	2.24.5 07	2.12.3 72*	
	3000	5.18.05 121205	VH	5.02.4 07	4.37.6 72*	
	5000	9.08.50 130227	VH	8.45.8 07	8.02.2 71*	
	10000	18.11.79 121219	VH	18.19.5 10	17.11.3 72*	
52	H50-59	Paul D. Fitzgerald		Oscar Recs/USA	1961*05*20	13
	500	50.57 130226	VH	48.5 91	46.55 06*	
	1000		-	1.42.6 91	1.31.60 07*	
	1500	2.41.02 130227	VH	2.28.8 98	2.17.78 01*	
	3000	5.14.54 130226	VH	5.13.8 91	4.43.12 03*	
	5000	9.01.35 130227	VH	8.41.9 95	7.59.44 05*	
	10000		-	18.05.6 95	16.42.75 06*	

55	H50-59	Terje Fjæreide		JVIL		1957*10*02	13
	500	48.21	130306	VH	46.7	07	45.7 02*
	1000	1.37.92	130122	VH	1.32.5	07	1.30.44 06*
	1500	2.25.36	130306	VH	2.25.2	07	2.17.40 06*
	3000	5.18.53	130213	VH	5.12.8	04	4.50.87 01*
	5000			-	8.58.7	07	8.13.88 01*
	10000			-		-	17.38.58 99*
71	H70-74	Kolbjørn Fossland		Fossland		1941*10*05	13
	500	1.00.60	130130	VH	44.8	81	44.8 81
	1000			-	1.31.9	80	1.31.9 80
	1500	3.22.84	130220	VH	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
51	H50-59	Jon Kjetil Gauslaa		Oslo Tinghus		1962*01*10	13
	500	45.69	130306	VH	45.4	99	44.43 12*
	1000	1.29.97	130123	VH	1.29.1	10	1.24.22 11*
	1500	2.11.51	130306	VH	2.12.07	12	2.04.83 11*
	3000	4.30.87	130226	VH	4.31.24	11	4.16.43 11*
	5000	7.42.50	130102	VH	7.41.15	11	7.15.10 11*
	10000	16.19.60	121219	VH	15.58.40	12	15.14.26 11*
43	H40-49	Tommy Grønlund		Tine		1969*10*20	13
	500	49.88	130109	VH	52.92	12	49.88 13
	1000			-	1.45.56	11	1.45.56 11
	1500	2.29.40	130109	VH	2.28.15	12	2.28.15 12
	3000			-		-	-
	5000			-		-	-
	10000			-		-	-
62	H60-64	Pål Gulliksen		Inventum AS		1950*08*06	13
	500	55.57	130102	VH	56.80	11	55.57 13
	1000	2.00.70	121212	VH	2.08.69	11	2.00.70 13
	1500	3.02.08	130306	VH	3.10.71	11	3.02.08 13
	3000			-		-	-
	5000			-		-	-
	10000			-		-	-
59	H50-59	Erik Gunnerød		Oslo Taxi		1953*09*14	13
	500	47.08	130213	VH	43.3	96	40.6 79*
	1000	1.35.25	130123	VH	1.30.6	01	1.26.4 77*
	1500	2.30.86	130227	VH	2.17.2	95	2.16.63 01*
	3000	5.17.16	130226	VH	4.56.5	00	4.50.14 00*
	5000	9.24.23	130102	VH	8.54.6	99	8.27.8 00*
	10000			-	19.13.3	99	18.47.1 00*
41	K	Marja Haartsen		AkuMed		1972*01*08	13
	500	54.64	121212	VH	52.2	09	49.51 08*
	1000	1.55.74	121212	VH	1.47.6	07	1.37.80 07*
	1500			-	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
57	H50-59	Espen Hansen		Nycomed Pharm		1956*01*03	13
	500	43.57	130226	VH	41.8	91	41.2 93*
	1000	1.31.31	121212	VH	1.22.3	00	1.20.51 99*
	1500	2.14.74	130227	VH	2.07.2	00	2.02.28 99*
	3000	4.29.62	130226	VH	4.22.7	95	4.11.21 99*
	5000	7.59.91	130102	VH	7.38.4	00	7.18.47 02*
	10000			-	16.05.7	93	15.57.34 08*

52	H50-59	Rune Hansen		Via Travel		1961*02*12	13
	500	56.39	130213	VH	-	42.4	81*
	1000			-	-	1.26.4	81*
	1500			-	-	2.14.8	81*
	3000			-	-	4.45.8	81*
	5000			-	-	8.14.4	81*
	10000			-	-		-
54	K	Sara Hemmer		Sogn VGS		1959*03*25	13
	500	56.28	130226	VH	57.51	12	55.5
	1000	1.52.88	121212	VH	2.00.80	12	1.52.88
	1500	2.44.61	130306	VH	2.43.50	12	2.43.50
	3000	5.43.41	130226	VH	6.00.70	12	5.43.41
	5000	9.54.78	130206	VH	10.35.25	12	9.27.02
	10000	20.08.10	121219	VH	-		19.11.29
69	H65-69	Asbjørn Hildrum		OPIL		1944*05*20	13
	500	48.43	130226	VH	42.6	82	42.1
	1000	1.44.29	130123	VH	1.28.1	01	1.26.53
	1500	2.36.17	130227	VH	2.14.6	00	2.09.9
	3000	5.22.64	130226	VH	4.39.4	00	4.35.9
	5000	9.23.79	130227	VH	8.24.9	90	8.01.4
	10000		-		16.45.2	93	16.45.2
68	H65-69	Per Magne Huse		EDB Business P		1944*07*28	13
	500	48.64	130130	VH	43.0	79	43.0
	1000	1.39.75	130122	VH	1.29.5	83	1.29.5
	1500	2.34.49	130109	VH	2.19.2	79	2.17.4
	3000	5.43.21	130213	VH	4.58.9	78	4.50.4
	5000	9.44.41	130102	VH	8.27.4	79	8.27.4
	10000		-		17.44.0	80	17.44.0
36	H16-39	Asier Peña Iturria		Operatøren		1977*04*15	13
	500	44.10	130306	VH	42.2	09	40.33
	1000		-		1.22.8	09	1.18.52
	1500	2.10.95	130306	VH	2.22.8	06	1.58.24
	3000		-		4.46.2	07	4.09.10
	5000		-		8.38.1	06	6.51.72
	10000		-			-	14.35.06
55	H50-59	Iver Johansen		FFI		1958*02*10	13
	500	45.62	130226	VH	43.1	00	42.81
	1000	1.31.16	130123	VH	1.27.9	00	1.25.48
	1500	2.22.16	130227	VH	2.14.1	02	2.11.42
	3000	4.56.48	130226	VH	4.47.7	00	4.35.38
	5000	8.32.73	130102	VH	8.19.6	02	7.59.85
	10000		-		17.19.4	93	16.37.85
55	H16-39	Hans Kristian Jorde		Aas-Jakobsen		1985*03*24	13
	500	41.82	130226	VH	44.29	12	41.81
	1000	1.23.86	130220	VH	1.27.75	12	1.22.38
	1500	2.07.11	130306	VH	2.16.50	12	2.03.45
	3000	4.36.27	130213	VH	5.15.07	12	4.21.03
	5000	8.04.27	130102	VH	8.34.33	12	7.34.29
	10000	19.56.38	121219	VH	-		16.04.73
52	H50-59	Gunnar Ligaarden		AdvokatDirekt		1961*03*09	13
	500	48.44	130130	VH	47.2	07	46.15
	1000	1.35.87	121212	VH	1.33.2	07	1.32.30
	1500	2.24.95	130306	VH	2.21.8	08	2.14.22
	3000	5.04.05	130226	VH	4.56.4	08	4.42.09
	5000	8.55.35	130227	VH	8.41.25	12	8.13.11
	10000	18.45.44	121219	VH	17.47.6	06	17.19.44

71	H70-74	Magnar Lundberg		LKS		1942*04*15	13
	500	1.00.74	130306	VH	45.0	73	45.0 73
	1000			-	1.35.7	71	1.35.7 71
	1500	3.02.13	130306	VH	2.29.1	70	2.29.1 70
	3000			-	5.31.4	72	5.31.4 72
	5000			-			-
	10000			-	20.58.0	77	20.58.0 77
23	H16-39	Vetle Markussen		Bjerke VGS		1990*01*18	13
	500	51.41	130226	VH	50.7	09	47.96 09*
	1000	1.50.52	130122	VH	1.46.8	09	1.44.53 09*
	1500	2.46.44	130227	VH			2.34.4 09*
	3000	5.49.49	130226	VH	6.05.2	08	5.36.37 09*
	5000	9.53.89	130227	VH			9.21.54 98*
	10000			-	20.51.5	09	19.13.4 09*
52	H50-59	Henry Nilsen		Oslo Taxi		1961*04*12	13
	500	46.21	130226	VH	47.64	12	40.80 86*
	1000	1.34.97	130220	VH	1.36.41	12	1.21.0 85*
	1500	2.27.66	130306	VH	2.25.7	12	2.02.96 86*
	3000	5.06.67	121128	Fr	5.13.25	12	4.14.06 86*
	5000	8.38.68	130102	VH	9.01.98	12	7.08.97 84*
	10000			-			14.54.7 88*
61	H60-64	Stein Opdahl		SSB		1952*03*01	13
	500	51.33	130226	VH	46.5	01	46.5 01
	1000			-	1.34.5	04	1.33.71 03*
	1500	2.41.52	130306	VH	2.24.5	02	2.21.07 03*
	3000	5.46.55	130213	VH	5.02.4	02	4.57.39 02*
	5000	9.44.01	130102	VH	8.47.1	00	8.36.77 03*
	10000			-	18.12.2	04	17.36.55 03*
44	H40-49	Ole Espen Rakkestad		Nokut		1968*11*18	13
	500	49.64	130213	VH	47.9	08	47.9 08
	1000			-	1.36.58	11	1.36.58 11
	1500	2.26.27	130306	VH	2.23.5	10	2.23.5 10
	3000	4.58.34	130226	VH	4.54.5	08	4.54.5 08
	5000	8.49.36	130227	VH	8.19.8	07	8.19.27 09*
	10000	19.09.42	130220	VH	17.33.8	08	17.33.8 08
77	H75-79	Kjell Håkon Riise		Riise		1935*09*16	13
	500	1.22.40	130306	VH	1.31.4	10	1.22.40 13
	1000			-			-
	1500	4.13.50	130306	VH			4.13.50 13
	3000	8.37.61	130226	VH			8.37.61 13
	5000			-			-
	10000			-			-
44	H40-49	Hans Christian Schrøder		Teria		1968*10*31	13
	500	45.34	130122	VH	46.22	12	42.7 87*
	1000	1.36.17	130123	VH	1.38.93	12	1.29.8 87*
	1500	2.38.78	130306	VH	2.37.27	12	2.18.2 87*
	3000			-			4.59.5 87*
	5000			-			9.07.90 87*
	10000			-			-
47	H40-49	Kim Sekkelsten		DNT		1965*07*02	13
	500	57.80	130130	VH	57.03	12	56.3 12*
	1000	2.05.82	130123	VH	1.55.45	12	1.55.45 12
	1500	3.03.48	130306	VH	2.52.39	12	2.52.39 12
	3000	6.25.23	121205	VH	6.14.03	12	6.14.03 12
	5000	10.43.11	130102	VH	10.35.72	12	10.19.0 12*
	10000	23.13.12	130220	VH	21.59.9	09	21.46.4 12*

25	H16-39	Kristian Skjeggerud		KCA Deutag		1988*01*05	13
	500	45.88	130122	VH	-	41.60	04*
	1000	1.32.61	130122	VH	-	1.23.35	04*
	1500			-	-	2.07.36	04*
	3000			-	-	4.30.41	04*
	5000			-	-	7.59.17	04*
	10000			-	-	18.26.16	04*
58	H50-59	Arne Stenhaus		CRS		1955*06*16	13
	500	44.09	130123	VH	41.9	07	41.21
	1000	1.28.93	130122	VH	1.25.5	03	1.21.98
	1500			-	2.13.5	06	2.03.45
	3000	4.55.48	121205	VH	4.37.6	06	4.23.55
	5000			-	8.11.8	08	7.38.80
	10000	17.41.50	121219	VH	16.53.7	06	16.16.06
62	H60-64	Oddmar Stenhaus		Stenhaus		1950*07*20	13
	500	50.78	130109	VH	53.78	12	50.78
	1000			-			1.44.08
	1500	2.37.15	130220	VH	2.39.93	12	2.37.15
	3000			-			5.33.80
	5000	9.23.64	130102	VH			9.23.64
	10000	19.43.76	121219	VH			19.43.76
70	H70-74	Sven-Åge Svensson		Atea		1942*07*08	13
	500	52.11	130306	VH	43.5	00	43.5
	1000	1.47.84	130123	VH	1.27.1	00	1.25.95
	1500	2.40.08	130306	VH	2.14.5	00	2.10.95
	3000	6.23.94	130213	VH	4.40.6	00	4.34.8
	5000			-	8.13.3	00	7.59.9
	10000			-	16.43.8	93	16.43.8
62	H60-64	Torbjørn Sæther		Eidsvoll Kom.		1950*12*05	13
	500	49.26	130306	VH	44.4	88	43.0
	1000	1.35.55	130123	VH	1.34.2	06	1.27.4
	1500	2.25.19	130306	VH	2.17.2	92	2.11.7
	3000	5.03.50	130226	VH	4.48.9	89	4.38.3
	5000	8.33.20	130102	VH	8.19.2	89	8.04.5
	10000			-	16.31.2	93	16.31.2
62	H60-64	Erik Veaa		Sørum Komm.		1951*06*11	13
	500	45.16	121128	Fr	41.6	91	40.02
	1000			-	1.25.8	07	1.20.8
	1500	2.17.30	130116	VH	2.05.0	92	2.00.44
	3000	4.53.62	130213	VH	4.29.5	91	4.12.40
	5000	8.20.94	130102	VH	8.05.3	10	7.20.85
	10000			-			15.34.5
41	H40-49	Sveinung Veaa		Skift Gir		1972*05*24	13
	500	47.05	130226	VH	48.08	12	45.99
	1000	1.34.10	130123	VH	1.39.82	12	1.34.10
	1500	2.20.31	130227	VH	2.25.60	12	2.14.59
	3000	4.48.00	130226	VH	5.03.20	12	4.48.00
	5000	8.24.52	130227	VH	9.00.56	12	8.24.52
	10000	17.41.16	121219	VH			16.40.17
68	H65-69	Anders Værang		Skanska		1944*07*21	13
	500	50.44	130226	VH	42.0	80	41.5
	1000	1.43.93	121212	VH	1.25.2	80	1.23.8
	1500	2.31.66	130306	VH	2.13.1	81	2.07.71
	3000	5.23.65	130226	VH	4.49.6	80	4.33.43
	5000	9.35.52	130227	VH	8.24.0	80	7.47.6
	10000			-	18.09.6	84	16.57.5

62	H60-64	Øivind Øiseth (Andersen)	Katalogforl.	1951*04*05	13
	500	49.00 130226 VH	43.2 90	42.1 81*	
	1000	-	1.25.9 90	1.23.5 89*	
	1500	2.29.47 130227 VH	2.10.7 90	2.06.7 89*	
	3000	5.10.37 130226 VH	4.36.7 89	4.30.9 93*	
	5000	9.00.31 130227 VH	8.03.9 87	7.40.91 02*	
	10000	-	15.57.9 93	15.57.9 93	