

Klasse	Navn	Bedrift	Født	sist	
2013/14	Beste OBIK-løp sesongen 2013/14	OBIK-beste før sesongen	Pers. rek. (*=ikke OBIK)	reg. ses.	
31	H16-39	Jan Tore Amundsen	Infratek	1983*04*12	14
	500	43.96 20140211 VH	-	40.80 03*	
	1000	-	-	1.24.3 04*	
	1500	2.24.81 20140212 VH	-	2.09.25 00*	
	3000	5.08.23 20140211 VH	-	4.35.38 00*	
	5000	9.10.47 20140212 VH	-	8.03.3 03*	
	10000	-	-	-	
61	H60-64	Tom Askerøi	Oscar Records	1952*10*23	14
	500	1.04.10 20140129 VH	51.6 90	51.6 90	
	1000	2.16.13 20140121 VH	1.47.6 89	1.47.6 89	
	1500	3.24.65 20140205 VH	2.44.5 90	2.43.6 93*	
	3000	6.59.28 20140226 VH	5.42.4 89	5.37.6 93*	
	5000	12.01.44 20140108 VH	9.52.9 02	9.52.9 02	
	10000	24.31.30 20131218 VH	19.24.1 93	19.24.1 93	
53	H50-59	Kjetil Narum Bakken	Alcatel-Lucent	1960*10*12	14
	500	45.78 20131127 Fr	44.74 12	43.80 09*	
	1000	1.32.97 20140122 VH	1.31.2 09	1.27.29 11*	
	1500	2.26.38 20140205 VH	2.18.5 04	2.11.29 07*	
	3000	4.59.04 20131127 Fr	4.43.99 11	4.34.22 11*	
	5000	8.34.55 20140108 VH	8.05.9 09	7.47.23 11*	
	10000	17.47.37 20131218 VH	16.58.33 11	16.12.69 08*	
50	H50-59	Øyvind Baugerød	Johansen & Co	1963*10*19	14
	500	1.02.59 20140121 VH	-	47.4 81*	
	1000	2.10.15 20140122 VH	-	1.39.6 81*	
	1500	-	-	2.34.4 80*	
	3000	-	-	5.27.0 81*	
	5000	-	-	-	
	10000	-	-	-	
56	H50-59	Terje Bjørk	Korsv Rør-serv	1958*06*16	14
	500	47.09 20140108 VH	45.8 05	45.6 12*	
	1000	1.31.17 20140121 VH	1.29.3 06	1.29.3 06	
	1500	2.19.14 20140205 VH	2.13.77 12	2.11.30 13*	
	3000	4.43.53 20131127 Fr	4.38.42 13	4.28.04 13*	
	5000	7.52.66 20140108 VH	7.48.90 13	7.34.71 05*	
	10000	16.39.67 20131218 VH	16.09.0 04	15.44.79 05*	
55	H50-59	Torbjørn Bratli	KLP	1958*11*17	14
	500	50.42 20140211 VH	-	50.42 14	
	1000	1.49.35 20140122 VH	-	1.49.35 14	
	1500	2.50.14 20140305 VH	-	2.50.14 14	
	3000	-	-	-	
	5000	-	-	-	
	10000	-	-	-	
66	H65-69	Geir Brunsvik	Oslo-Lærerne	1948*02*26	14
	500	51.11 20131204 VH	43.6 80	42.5 68*	
	1000	1.43.74 20140121 VH	1.31.5 80	1.31.5 80	
	1500	2.40.86 20140305 VH	2.28.3 80	2.16.1 68*	
	3000	5.48.32 20131211 VH	5.40.0 80	4.56.7 68*	
	5000	-	-	8.39.9 68*	
	10000	-	-	-	
60	H60-64	Per Inge Båtnes	HiOA	1954*04*15	14
	500	50.18 20140211 VH	-	50.18 14	
	1000	-	-	-	
	1500	2.33.18 20140212 VH	-	2.33.18 14	
	3000	5.25.05 20140211 VH	-	5.25.05 14	
	5000	9.13.25 20140108 VH	-	9.13.25 15	
	10000	-	-	-	

58	H50-59	Ivar Dahl		NIVA		1955*07*25	14
	500	45.67	20131204	VH	41.9 00	41.0 94*	
	1000	1.35.10	20131204	VH	1.28.2 96	1.22.4 00*	
	1500	-	-	-	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	
55	H50-59	Frode Eidsmo		NAN		1959*01*18	14
	500	44.41	20131127	Fr	42.89 12	40.8 85*	
	1000	1.27.12	20140121	VH	1.23.9 09	1.21.20 12*	
	1500	-	-	-	2.08.5 09	2.01.97 11*	
	3000	4.32.19	20131127	Fr	4.24.58 11	4.10.34 11*	
	5000	7.40.82	20140108	VH	7.27.01 13	7.03.62 11*	
	10000	15.55.86	20131218	VH	-	15.17.26 14*	
46	H40-49	Petter Enholm		Snapper		1968*05*09	12
	500	48.17	20140108	VH	44.7 06	43.90 08*	
	1000	-	-	-	1.28.7 10	1.28.7 10	
	1500	-	-	-	2.15.5 05	2.10.09 08*	
	3000	5.13.56	20140129	VH	4.34.2 08	4.27.1 08*	
	5000	8.57.96	20140108	VH	7.53.6 08	7.41.56 10*	
	10000	-	-	-	17.04.5 08	16.02.91 08*	
63	H60-64	Terje Erfjord		Statnett		1951*06*21	14
	500	48.54	20140108	VH	44.3 95	43.5 87*	
	1000	1.36.81	20140121	VH	1.29.1 94	1.27.7 89*	
	1500	2.25.12	20140205	VH	2.15.5 01	2.10.6 89*	
	3000	5.07.51	20140226	VH	4.40.0 02	4.31.0 94*	
	5000	8.45.34	20140108	VH	8.04.4 95	7.48.95 02*	
	10000	-	-	-	16.08.9 93	16.08.9 93	
56	H50-59	Lars Petter Ernø		Shellklubben		1958*02*22	14
	500	55.42	20140226	VH	55.78 13	53.7 12*	
	1000	-	-	-	-	-	
	1500	-	-	-	2.45.94 13	2.42.8 12*	
	3000	5.36.50	20140226	VH	5.38.40 13	5.36.50 14	
	5000	-	-	-	9.30.22 13	9.25.2 12*	
	10000	20.18.80	20140219	VH	19.31.45 12	19.31.45 12	
82	H80-84	Martin Fagna		NBBL Utb		1932*01*16	14
	500	1.04.00	20131127	Fr	43.6 79	43.2 87*	
	1000	2.22.25	20140122	VH	1.29.5 80	1.29.3 87*	
	1500	3.56.59	20131218	VH	2.21.7 78	2.17.9 89*	
	3000	8.27.80	20131211	VH	5.11.7 84	5.01.6 65*	
	5000	14.47.68	20140108	VH	9.03.3 90	8.36.4 65*	
	10000	-	-	-	19.40.0 85	18.05.1 65*	
63	H60-64	Hasse Farstad		Europower		1950*07*24	14
	500	-	-	-	47.5 08	42.4 72*	
	1000	-	-	-	1.36.0 10	1.28.3 72*	
	1500	-	-	-	2.24.5 07	2.12.3 72*	
	3000	-	-	-	5.02.4 07	4.37.6 72*	
	5000	-	-	-	8.45.8 07	8.02.2 71*	
	10000	18.46.99	20131218	VH	18.11.79 13	17.11.3 72*	
53	H50-59	Paul D. Fitzgerald		Oscar Recs/USA		1961*05*20	14
	500	53.01	20140226	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	5.34.43	20140226	VH	5.13.8 91	4.43.12 03*	
	5000	-	-	-	8.41.9 95	7.59.44 05*	
	10000	-	-	-	18.05.6 95	16.42.75 06*	

56	H50-59	Terje Fjæreide		JVIL		1957*10*02	14
	500	49.20	20131204	VH	46.7	07	45.7 02*
	1000	1.37.91	20140121	VH	1.32.5	07	1.30.44 06*
	1500	2.37.02	20140115	VH	2.25.2	07	2.17.40 06*
	3000	5.29.25	20131211	VH	5.12.8	04	4.50.87 01*
	5000	-	-	-	8.58.7	07	8.13.88 01*
	10000	-	-	-	-	-	17.38.58 99*
49	H40-49	Ireneusz 'Irek' Flatseth Kuben				1965*04*28	14
	500	1.23.93	20140122	VH	-	-	1.23.93 14
	1000	2.54.20	20140122	VH	-	-	2.54.20 14
	1500	-	-	-	-	-	-
	3000	-	-	-	-	-	-
	5000	-	-	-	-	-	-
	10000	-	-	-	-	-	-
72	H70-74	Kolbjørn Fossland		Fossland		1941*10*05	14
	500	1.03.51	20140129	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
52	H50-59	Jon Gauslaa		Oslo Tinghus		1962*01*10	14
	500	47.44	20140108	VH	45.4	99	44.43 12*
	1000	1.33.15	20131204	VH	1.29.1	10	1.24.22 11*
	1500	2.17.26	20140205	VH	2.11.51	13	2.04.83 11*
	3000	4.44.46	20131127	Fr	4.30.87	13	4.16.43 11*
	5000	7.53.53	20140108	VH	7.41.15	11	7.15.10 11*
	10000	16.43.10	20131218	VH	15.58.40	12	15.14.26 11*
63	H60-64	Pål Gulliksen		Inventum AS		1950*08*06	14
	500	55.05	20140305	VH	55.57	13	54.79 12*
	1000	1.58.48	20140122	VH	2.00.70	13	1.58.48 14
	1500	2.57.42	20140305	VH	3.02.08	13	2.57.42 14
	3000	6.33.35	20140226	VH	-	-	6.33.35 14
	5000	-	-	-	-	-	-
	10000	-	-	-	-	-	-
60	H60-64	Erik Gunnerød		Oslo Taxi		1953*09*14	14
	500	46.43	20140108	VH	43.3	96	40.6 79*
	1000	1.36.54	20140121	VH	1.30.6	01	1.26.4 77*
	1500	2.29.21	20140212	VH	2.17.2	95	2.16.63 01*
	3000	5.25.50	20140211	VH	4.56.5	00	4.50.14 00*
	5000	9.34.74	20140108	VH	8.54.6	99	8.27.8 00*
	10000	-	-	-	19.13.3	99	18.47.1 00*
42	K	Marja Haartsen		AkuMed		1972*01*08	14
	500	51.87	20140211	VH	52.2	09	49.49 14*
	1000	2.01.45	20131204	VH	1.47.6	07	1.37.80 07*
	1500	2.51.98	20140205	VH	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
58	H50-59	Espen Hansen		Nycomed Pharm		1956*01*03	14
	500	43.55	20140108	VH	41.8	91	41.2 93*
	1000	1.31.75	20140121	VH	1.22.3	00	1.20.51 99*
	1500	2.13.59	20140205	VH	2.07.2	00	2.02.28 99*
	3000	4.45.96	20140211	VH	4.22.7	95	4.11.21 99*
	5000	8.06.76	20140108	VH	7.38.4	00	7.18.47 02*
	10000	-	-	-	16.05.7	93	15.57.34 08*

53	H50-59	Rune Hansen		Via Travel		1961*02*12	14
	500	55.51	20140226	VH	56.39	13	42.4 81*
	1000	-	-	-	-	-	1.26.4 81*
	1500	-	-	-	-	-	2.14.8 81*
	3000	-	-	-	-	-	4.45.8 81*
	5000	-	-	-	-	-	8.14.4 81*
	10000	-	-	-	-	-	-
28	H16-39	Stian Haugland		Apluss Design		1985*07*07	14
	500	43.79	20140211	VH	-	-	43.79 14
	1000	-	-	-	-	-	-
	1500	2.31.58	20140212	VH	-	-	2.31.58 14
	3000	5.20.09	20140211	VH	-	-	5.20.09 14
	5000	9.57.59	20140212	VH	-	-	9.57.59 14
	10000	-	-	-	-	-	-
55	K	Sara Hemmer		Kuben		1959*03*25	14
	500	1.00.74	20140305	VH	56.28	13	55.5 12*
	1000	2.11.89	20140121	VH	1.52.88	13	1.52.88 13
	1500	2.58.44	20140212	VH	2.43.50	12	2.43.50 12
	3000	6.00.39	20140226	VH	5.43.41	13	5.43.41 13
	5000	10.42.94	20140212	VH	9.54.78	13	9.27.02 13*
	10000	-	-	-	20.08.10	13	19.11.29 13*
55	H50-59	Morten Henriksen		BernerGruppen		1958*12*03	14
	500	44.01	20140108	VH	41.7	09	39.70 77*
	1000	-	-	-	1.23.4	09	1.19.33 07*
	1500	-	-	-	2.07.2	10	2.00.09 07*
	3000	-	-	-	4.29.3	09	4.18.54 07*
	5000	-	-	-	-	-	7.23.24 09*
	10000	-	-	-	-	-	15.31.59 09*
49	H40-49	Hans M Hilde		Pareto Project		1965*01*02	14
	500	42.86	20140129	VH	43.61	12	40.6 93*
	1000	-	-	-	-	-	1.23.5 93*
	1500	-	-	-	-	-	2.28.0 92*
	3000	-	-	-	-	-	-
	5000	-	-	-	-	-	-
	10000	-	-	-	-	-	-
70	H70-74	Asbjørn Hildrum		OPIL		1944*05*20	14
	500	49.43	20140211	VH	42.6	82	42.1 94*
	1000	1.44.67	20140122	VH	1.28.1	01	1.26.53 95*
	1500	2.39.19	20140212	VH	2.14.6	00	2.09.9 94*
	3000	5.36.66	20140129	VH	4.39.4	00	4.35.9 94*
	5000	9.18.32	20140108	VH	8.24.9	90	8.01.4 94*
	10000	19.44.41	20131218	VH	16.45.2	93	16.45.2 93
35	H16-39	Anders Høstad		A Høstad AS		1979*06*22	14
	500	46.02	20140211	VH	-	-	46.02 14
	1000	-	-	-	-	-	1.35.17 12*
	1500	2.26.98	20140212	VH	-	-	2.19.96 13*
	3000	5.09.22	20140211	VH	-	-	5.09.22 14
	5000	8.59.57	20140212	VH	-	-	8.18.9 12
	10000	-	-	-	-	-	18.18.46 13*
56	H50-59	Iver Johansen		FFI		1958*02*10	14
	500	45.60	20131127	Fr	43.1	00	42.81 99*
	1000	1.33.35	20140121	VH	1.27.9	00	1.25.48 06*
	1500	2.25.63	20140115	VH	2.14.1	02	2.11.42 02*
	3000	5.05.31	20131127	Fr	4.47.7	00	4.35.38 02*
	5000	8.42.42	20140212	VH	8.19.6	02	7.59.85 02*
	10000	18.16.77	20131218	VH	17.19.4	93	16.37.85 07*

56	H16-39	Hans Kristian Jorde	Aas-Jakobsen	1985*03*24	14
	500	41.89 20140211 VH	41.82 13	41.29 14*	
	1000	1.23.87 20140121 VH	1.23.86 13	1.20.54 14*	
	1500	2.08.66 20140205 VH	2.07.11 13	2.02.39 14*	
	3000	4.37.50 20131211 VH	4.36.27 13	4.21.03 13*	
	5000	7.52.53 20140108 VH	8.04.27 13	7.34.29 03*	
	10000	16.53.65 20131218 VH	19.56.38 13	16.04.73 13*	
30	H16-39	Martin Grothe Lien	Cowi	1983*07*06	14
	500	1.15.03 20140305 VH	-	1.15.03 14	
	1000	-	-	-	
	1500	2.51.26 20140305 VH	-	2.51.26 14	
	3000	-	-	-	
	5000	11.27.39 20140219 VH	-	11.27.39 14	
	10000	-	-	-	
53	H50-59	Gunnar Ligaarden	AdvokatDirekt	1961*03*09	14
	500	49.23 20140211 VH	47.2 07	46.15 08*	
	1000	-	1.33.2 07	1.32.30 09*	
	1500	2.34.11 20140212 VH	2.21.8 08	2.14.22 07*	
	3000	5.23.66 20140211 VH	4.56.4 08	4.42.09 07*	
	5000	9.08.57 20140212 VH	8.41.25 12	8.13.11 12*	
	10000	-	17.47.6 06	17.19.44 07*	
72	H70-74	Magnar Lundberg	LKS	1942*04*15	14
	500	55.84 20140211 VH	45.0 73	45.0 73	
	1000	1.56.04 20140122 VH	1.35.7 71	1.35.7 71	
	1500	2.52.03 20140205 VH	2.29.1 70	2.29.1 70	
	3000	6.19.46 20140211 VH	5.31.4 72	5.31.4 72	
	5000	10.37.05 20140108 VH	-	10.35.47 14*	
	10000	-	20.58.0 77	20.58.0 77	
40	H40-49	Frode Midjo	HK Reklamebyrå	1974*02*12	14
	500	43.55 20140226 VH	-	40.53 14*	
	1000	-	-	1.22.35 13*	
	1500	-	-	2.00.97 14*	
	3000	4.51.88 20140226 VH	-	4.16.27 14*	
	5000	-	-	7.31.62 14*	
	10000	-	-	16.15.63 13*	
51	H50-59	Paal Midtvåge	VR	1962*10*29	14
	500	52.51 20140108 VH	-	52.51 14	
	1000	-	-	-	
	1500	-	-	2.38.81 13*	
	3000	-	-	-	
	5000	-	-	9.16.62 13*	
	10000	18.44.22 20131218 VH	-	18.44.22 14	
62	H60-64	Brynjulf Måkestad	Felleskj Agri	1951*12*17	14
	500	45.02 20131204 VH	-	40.6 91*	
	1000	1.35.30 20131204 VH	1.28.9 94	1.22.15 08*	
	1500	-	-	2.06.6 87*	
	3000	-	5.10.5 94	4.31.3 87*	
	5000	-	-	7.45.3 86*	
	10000	-	-	16.22.3 87*	
53	H50-59	Henry Nilsen	Oslo Taxi	1961*04*12	14
	500	46.43 20140211 VH	46.21 13	40.80 86*	
	1000	1.36.29 20140121 VH	1.34.97 13	1.21.0 85*	
	1500	2.28.75 20140212 VH	2.25.7 12	2.02.96 86*	
	3000	5.09.76 20131127 Fr	5.06.67 13	4.14.06 86*	
	5000	9.10.87 20140212 VH	8.38.68 13	7.08.97 84*	
	10000	20.37.77 20140219 VH	-	14.54.7 88*	

31	H16-39	Grunde Olimstad		Rainpower		1983*02*09	14
	500	44.66	20140305	VH	-	40.79 02*	
	1000				-	1.21.92 02*	
	1500	2.29.37	20140305	VH	-	2.07.29 02*	
	3000				-	4.40.9 99*	
	5000				-	8.23.92 01*	
	10000				-	18.52.3 00*	
66	H65-69	Jan Olsen		Puls		1948*04*07	14
	500	53.58	20140226	VH	44.8 80	43.9 78*	
	1000				1.30.2 84	1.30.1 93*	
	1500	2.38.58	20140205	VH	2.18.8 90	2.15.2 93*	
	3000	5.29.35	20131211	VH	4.50.3 90	4.41.1 93*	
	5000	9.22.79	20140108	VH	8.25.6 91	8.09.3 78*	
	10000				17.16.5 92	17.16.5 92	
62	H60-64	Stein Opdahl		SSB		1952*03*01	14
	500	52.01	20140211	VH	46.5 01	46.5 01	
	1000	1.49.14	20131204	VH	1.34.5 04	1.33.71 03*	
	1500	2.46.50	20140205	VH	2.24.5 02	2.21.07 03*	
	3000	5.56.09	20140226	VH	5.02.4 02	4.57.39 02*	
	5000	10.41.97	20140212	VH	8.47.1 00	8.36.77 03*	
	10000	21.10.37	20131218	VH	18.12.2 04	17.36.55 03*	
45	H40-49	Ole Espen Rakkestad		Nokut		1968*11*18	14
	500	49.03	20140108	VH	47.9 08	47.9 08	
	1000	1.39.95	20140121	VH	1.36.58 11	1.36.58 11	
	1500	2.31.91	20140305	VH	2.23.5 10	2.23.5 10	
	3000	5.09.96	20140129	VH	4.54.5 08	4.54.5 08	
	5000	9.02.41	20140108	VH	8.19.8 07	8.19.27 09*	
	10000	19.03.20	20131218	VH	17.33.8 08	17.33.8 08	
52	K	Grete Rian		Kuben		1962*02*23	14
	500	1.30.35	20140115	VH	-	1.30.35 14	
	1000				-	-	
	1500				-	-	
	3000				-	-	
	5000				-	-	
	10000				-	-	
78	H75-79	Kjell H Riise		Riise		1935*09*16	14
	500				1.22.40 13	1.19.73 14*	
	1000				-	-	
	1500	4.23.36	20140205	VH	4.13.50 13	4.13.50 13	
	3000				8.37.61 13	8.37.61 13	
	5000				-	-	
	10000				-	-	
45	H40-49	Hans Christian Schrøder		Teria		1968*10*31	14
	500	45.60	20140108	VH	45.34 13	42.7 87*	
	1000	1.41.07	20140121	VH	1.36.17 13	1.29.8 87*	
	1500	2.58.88	20140115	VH	2.37.27 12	2.18.2 87*	
	3000				-	4.59.5 87*	
	5000				-	9.07.90 87*	
	10000				-	-	
48	H40-49	Kim Sekkelsten		DNT		1965*07*02	14
	500	56.60	20140211	VH	57.03 12	56.3 12*	
	1000	1.59.57	20140121	VH	1.55.45 12	1.55.45 12	
	1500	2.55.16	20140305	VH	2.52.39 12	2.52.39 12	
	3000	6.06.82	20140211	VH	6.14.03 12	6.06.82 14	
	5000	10.46.12	20140212	VH	10.35.72 12	10.19.0 12*	
	10000	22.42.09	20140219	VH	21.59.9 09	21.46.4 12*	

55	H50-59	Vidar Skripeland		Bufetat		1959*05*26	14
	500	49.87	20140108	VH	-	48.6 12*	
	1000				-	-	
	1500				-	2.28.5 12*	
	3000				-	-	
	5000	8.32.86	20140108	VH	-	8.23.79 13*	
	10000	18.43.70	20131218	VH	-	17.04.52 14*	
56	H50-59	John K Solem		DnB NOR		1957*07*11	14
	500	50.28	20140305	VH	48.0 08	47.89 08*	
	1000	1.40.04	20140121	VH	1.37.9 10	1.37.47 11*	
	1500	2.34.78	20131218	VH	2.28.9 10	2.25.19 08*	
	3000	5.29.14	20131211	VH	5.13.3 08	5.05.36 10*	
	5000				9.19.0 08	8.53.52 08*	
	10000				-	18.36.54 08*	
59	H50-59	Arne Stenhaus		CRS		1955*06*16	14
	500	43.86	20140211	VH	41.9 07	41.21 09*	
	1000	1.34.55	20131204	VH	1.25.5 03	1.21.98 10*	
	1500	2.21.24	20140212	VH	2.13.5 06	2.03.45 07*	
	3000	4.58.06	20140211	VH	4.37.6 06	4.23.55 07*	
	5000	8.23.59	20140108	VH	8.11.8 08	7.38.80 07*	
	10000				16.53.7 06	16.16.06 07*	
63	H60-64	Oddmar Stenhaus		Stenhaus		1950*07*20	14
	500	51.79	20131127	Fr	50.78 13	50.78 13	
	1000	1.47.89	20131204	VH		1.44.08 13*	
	1500	2.39.66	20140305	VH	2.37.15 13	2.32.28 14*	
	3000	5.33.93	20140129	VH	-	5.18.73 14*	
	5000				9.23.64 13	9.22.87 14*	
	10000	19.27.33	20131218	VH	19.43.76 13	19.27.33 14	
58	H50-59	Per Gunnar Stensvaag		SAS		1956*05*18	14
	500	45.59	20140108	VH	44.6 05	43.63 04*	
	1000				2.01.0 07	1.27.71 13*	
	1500	2.32.20	20140115	VH	2.27.0 03	2.12.5 06*	
	3000	5.16.44	20131211	VH	5.12.2 06	4.36.72 06*	
	5000	8.52.46	20140108	VH	10.30.2 05	7.50.53 07*	
	10000	18.55.72	20131218	VH	17.44.8 04	16.49.57 04*	
63	H60-64	Torbjørn Sæther		Eidsvoll Kom.		1950*12*05	14
	500	49.50	20140211	VH	44.4 88	43.0 82*	
	1000	1.38.11	20140121	VH	1.34.2 06	1.27.4 90*	
	1500	2.25.89	20140212	VH	2.17.2 92	2.11.7 93*	
	3000	5.11.93	20140226	VH	4.48.9 89	4.38.3 93*	
	5000	8.41.56	20140108	VH	8.19.2 89	8.04.5 94*	
	10000				16.31.2 93	16.31.2 93	
62	H60-64	Peder Tyvand		UMB		1951*09*02	14
	500	54.17	20140211	VH	50.1 90	50.1 90	
	1000	2.04.24	20131204	VH	1.46.0 02	1.46.0 02	
	1500				2.44.6 00	2.39.92 05*	
	3000	6.46.22	20140211	VH	5.56.2 01	5.56.2 01	
	5000				10.38.3 00	10.02.49 05*	
	10000				22.34.8 04	21.07.93 06*	
63	H60-64	Erik Veaa		Sørum Komm.		1951*06*11	14
	500	45.17	20140211	VH	41.6 91	40.02 78*	
	1000	1.37.22	20131204	VH	1.25.8 07	1.20.8 79*	
	1500	2.16.50	20140205	VH	2.05.0 92	2.00.44 80*	
	3000	4.52.42	20140129	VH	4.29.5 91	4.12.40 04*	
	5000	8.17.46	20140212	VH	8.05.3 10	7.20.85 04*	
	10000	18.30.83	20131218	VH	-	15.34.5 78*	

42	H40-49	Sveinung Vea		Skift Gir		1972*05*24	14
	500	48.29	20131127	Fr	47.05	13	45.99 13*
	1000			-	1.34.10	13	1.34.10 13
	1500	2.26.17	20140305	VH	2.20.31	13	2.14.59 13*
	3000	4.57.28	20131211	VH	4.48.00	13	4.45.21 14*
	5000			-	8.24.52	13	8.15.52 14*
	10000	17.28.15	20131218	VH	17.41.16	13	16.40.17 13*
69	H65-69	Anders Værang		Skanska		1944*07*21	14
	500	50.21	20140305	VH	42.0	80	41.5 77*
	1000	1.42.63	20140121	VH	1.25.2	80	1.23.8 77*
	1500	2.33.85	20140205	VH	2.13.1	81	2.07.71 76*
	3000	5.34.94	20140129	VH	4.49.6	80	4.33.43 76*
	5000			-	8.24.0	80	7.47.6 76*
	10000			-	18.09.6	84	16.57.5 76*
46	H40-49	Pål Weiby		Statsbygg		1968*02*27	14
	500	55.26	20140305	VH			50.9 10*
	1000			-			-
	1500			-			2.41.3 10*
	3000			-			5.56.4 07*
	5000			-			10.05.7 08*
	10000			-			20.59.9 09*
32	H16-39	Eirik Tveiten Ødegård		NEBB		1981*10*18	14
	500	46.91	20140305	VH			42.44 00*
	1000			-			1.24.43 00*
	1500	2.27.32	20140205	VH			2.10.78 00*
	3000			-			4.40.26 00*
	5000			-			8.39.65 00*
	10000			-			-
47	H40-49	Odd Arild Ødegaard		Valle Hovin Ga		1967*04*24	14
	500	47.17	20140211	VH			46.64 13*
	1000			-			1.34.85 12*
	1500	2.30.46	20140212	VH			2.21.54 13*
	3000	5.07.32	20140211	VH			5.07.32 14
	5000	8.38.65	20140212	VH			8.26.38 13*
	10000			-			18.14.2 12*
63	H60-64	Øivind Øiseth (Andersen)		Katalogforl.		1951*04*05	14
	500	49.38	20140305	VH	43.2	90	42.1 81*
	1000			-	1.25.9	90	1.23.5 89*
	1500	2.32.09	20140212	VH	2.10.7	90	2.06.7 89*
	3000	5.19.35	20140226	VH	4.36.7	89	4.30.9 93*
	5000	9.17.87	20140212	VH	8.03.9	87	7.40.91 02*
	10000			-	15.57.9	93	15.57.9 93