

OBIKs SKØYTELEKSIKON				pr 2016-03-09			
Kun delt. 1984/85 ->				dato			
Klasse	Navn			Bedrift	Født		sist
2015/16	Beste OBIK-løp		Klasse-best	OBIK-beste	Pers. rek.		reg.
	sesongen 2015/16		før sesongen	før sesongen	(*=ikke OBIK)		ses.

59	H50-59	Pål Agdestein	Agdestein...		1957*05*26		16
	500	44.97 20151126 Vi	44.05 15	41.1 05	40.3 93*		
	1000	-	1.28.39 15	1.21.9 99	1.20.8 00*		
	1500	2.23.29 20160309 VH	-	2.06.6 00	2.02.59 11*		
	3000	4.35.73 20151126 Vi	4.40.8 09	4.31.1 99	4.16.50 11*		
	5000	-	8.01.05 15	7.48.5 99	7.25.09 02*		
	10000	-	16.29.31 15	15.44.6 93	15.38.20 15*		
28	H16-39	Kjetil Amundrud	Ahus		1987*12*24		16
	500	41.22 20160203 VH	42.16 15	42.16 15	36.50 07*		
	1000	1.22.63 20160203 VH	1.28.59 15	1.28.59 15	1.12.87 07*		
	1500	-	2.10.29 15	2.10.29 15	1.56.30 08*		
	3000	-	4.29.07 15	4.29.07 15	4.04.88 16*		
	5000	-	7.53.01 15	7.53.01 15	7.04.06 16*		
	10000	-	-	-	14.55.70 16*		
63	H60-64	Tom Askerøi	Oscar Records		1952*10*23		16
	500	1.05.51 20160203 VH	1.01.83 13	51.6 90	51.6 90		
	1000	2.13.39 20160203 VH	2.11.11 15	1.47.6 89	1.47.6 89		
	1500	3.18.2 20160210 VH	3.15.37 13	2.44.5 90	2.43.6 93*		
	3000	7.15.68 20151209 VH	6.49.51 13	5.42.4 89	5.37.6 93*		
	5000	11.57.63 20160217 VH	11.26.61 13	9.52.9 02	9.52.9 02		
	10000	23.54.60 20160224 VH	24.01.30 13	19.24.1 93	19.24.1 93		
55	H50-59	Kjetil Narum Bakken	KNBakken		1960*10*12		16
	500	45.21 20160203 VH	44.74 12	44.74 12	43.80 09*		
	1000	1.31.47 20160202 VH	1.32.12 12	1.31.2 09	1.27.29 11*		
	1500	2.24.7 20160210 VH	2.19.43 12	2.18.5 04	2.11.29 07*		
	3000	4.48.32 20151126 Vi	4.43.99 11	4.43.99 11	4.34.22 11*		
	5000	8.26.75 20160224 VH	8.10.48 11	8.05.9 09	7.47.23 11*		
	10000	16.53.08 20160301 Vi	16.58.33 10	16.58.33 11	16.12.69 08*		
61	H60-64	Odd Oskar Bjelke	HMS OA		1954*08*07		16
	500	47.97 20160203 VH	47.66 15	45.1 09	44.41 09*		
	1000	1.38.16 20160202 VH	1.38.06 15	1.34.0 09	1.30.59 09*		
	1500	2.40.75 20160113 VH	2.34.21 15	2.22.0 09	2.20.49 09*		
	3000	5.42.20 20160216 VH	5.29.01 15	4.57.5 08	4.53.92 09*		
	5000	9.58.10 20160217 VH	9.45.95 15	8.47.7 08	8.30.76 07*		
	10000	-	-	18.28.8 03	17.52.33 07*		
58	H50-59	Terje Bjørk	Korsv Rør-serv		1958*06*16		16
	500	48.86 20151126 Vi	46.28 12	45.8 05	45.6 12*		
	1000	-	1.31.12 12	1.29.3 06	1.29.3 06		
	1500	-	2.13.77 12	2.13.77 12	2.11.30 13*		
	3000	4.44.35 20151126 Vi	4.38.42 13	4.38.42 13	4.28.04 13*		
	5000	-	7.48.90 13	7.48.90 13	7.34.71 05*		
	10000	16.22.18 20160301 Vi	16.14.88 13	16.09.0 04	15.44.79 05*		
57	H50-59	Torbjørn Bratli	KLP		1958*11*17		16
	500	49.93 20160202 VH	50.42 14	50.42 14	49.93 16		
	1000	1.43.52 20160202 VH	1.46.83 15	1.46.83 15	1.43.52 16		
	1500	2.52.21 20160113 VH	2.44.92 15	2.44.92 15	2.44.92 15		
	3000	-	-	-	-		
	5000	-	-	-	-		
	10000	-	-	-	-		

68	H65-69	Geir Brunsvik		Oslo-Lærerne		1948*02*26	16
	500	52.15	20160309	VH	50.66 13	43.6 80	42.5 68*
	1000	-	-	-	1.43.74 14	1.31.5 80	1.31.5 80
	1500	2.41.68	20160301	Vi	2.40.31 13	2.28.3 80	2.16.1 68*
	3000	6.06.22	20151209	VH	5.47.59 15	5.40.0 80	4.56.7 68*
	5000	-	-	-	9.53.30 15	9.53.30 15	8.39.9 68*
	10000	-	-	-	21.16.37 15	21.16,37 15	21.16.37 15
62	H60-64	Per Inge Båtnes		HiOA		1954*04*15	16
	500	49.31	20160113	VH	49.27 15	49.27 15	49.27 15
	1000	-	-	-	-	-	-
	1500	2.33.97	20160113	VH	2.33.18 14	2.33.18 14	2.26.53 16*
	3000	5.24.42	20160224	VH	5.25.05 14	5.25.05 14	5.24.42 16
	5000	-	-	-	9.13.25 14	9.13.25 14	8.45.68 16*
	10000	18.13.31	20160301	Vi	-	-	18.13.31 16
60	H60-64	Ivar Dahl		NIVA		1955*07*25	16
	500	44.60	20151126	Vi	-	41.9 00	41.0 94*
	1000	1.31.15	20160202	VH	-	1.28.2 96	1.22.4 00*
	1500	2.24.7	20160210	VH	-	2.08.7 00	2.03.90 02*
	3000	5.07.19	20151126	Vi	-	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
57	H50-59	Frode Eidsmo		Basale		1959*01*18	16
	500	45.38	20160202	VH	42.89 12	42.89 12	40.8 85*
	1000	-	-	-	1.23.9 09	1.23.9 09	1.20.66 15*
	1500	-	-	-	2.08.5 09	2.08.5 09	2.01.73 15*
	3000	4.26.23	20151126	Vi	4.24.58 11	4.24.58 11	4.10.34 11*
	5000	-	-	-	7.27.01 13	7.27.01 13	7.03.62 11*
	10000	-	-	-	15.55.86 14	15.55.86 14	15.17.26 14*
65	H65-69	Terje Erfjord		Statnett		1951*06*21	16
	500	47.80	20160301	Vi	-	44.3 95	43.5 87*
	1000	1.37.37	20160202	VH	-	1.29.1 94	1.27.7 89*
	1500	2.26.9	20160210	VH	-	2.15.5 01	2.10.6 89*
	3000	4.55.92	20160224	VH	-	4.40.0 02	4.31.0 94*
	5000	8.21.55	20160301	Vi	-	8.04.4 95	7.48.95 02*
	10000	-	-	-	-	16.08.9 93	16.08.9 93
58	H50-59	Terje Fjæreide		JVIL		1957*10*02	16
	500	49.35	20151126	Vi	47.26 12	46.7 07	45.7 02*
	1000	1.38.79	20160202	VH	1.37.91 14	1.32.5 07	1.30.44 06*
	1500	2.33.63	20160113	VH	2.25.36 13	2.25.2 07	2.17.40 06*
	3000	5.14.75	20151126	Vi	5.18.53 13	5.12.8 04	4.50.87 01*
	5000	8.58.00	20160301	Vi	9.10.6 08	8.58.7 07	8.13.88 01*
	10000	-	-	-	-	-	17.38.58 99*
43	H40-49	Ole Fosse		Tamro Medlab		1975*05*29	16
	500	41.24	20160202	VH	-	40.9 07	39.43 07*
	1000	1.24.19	20160202	VH	-	1.22.1 07	1.20.13 07*
	1500	-	-	-	-	-	2.04.23 07*
	3000	-	-	-	-	4.49.5 07	4.32.17 07*
	5000	-	-	-	-	-	7.52.51 94*
	10000	-	-	-	-	-	-
54	H50-59	Jon Gauslaa		Oslo Tinghus		1962*01*10	16
	500	47.74	20160203	VH	45.64 12	45.4 99	44.43 12*
	1000	1.31.42	20160202	VH	1.29.85 12	1.29.1 10	1.24.22 11*
	1500	2.21.2	20160210	VH	2.11.51 13	2.11.51 13	2.04.83 11*
	3000	4.50.85	20160216	VH	4.30.87 13	4.30.87 13	4.16.43 11*
	5000	8.04.42	20160127	VH	7.42.50 13	7.41.15 11	7.15.10 11*
	10000	16.30.54	20160224	VH	15.58.40 12	15.58.40 12	15.14.26 11*

65	H65-69	Pål Gulliksen		Inventum AS		1950*08*06	16
	500	55.65	20160106 Fr	-	54.60 15	54.60 15	
	1000	1.57.20	20160301 Vi	-	1.56.65 15	1.56.65 15	
	1500	3.09.07	20160113 VH	-	2.57.42 14	2.57.42 14	
	3000	-	-	-	6.33.35 14	6.33.35 14	
	5000	-	-	-	-	-	
	10000	-	-	-	-	-	
32	H16-39	Christoffer Gundersen		Gundersen		1984*04*08	16
	500	-	-	54.6 06	54.6 06	45.06 14*	
	1000	-	-	2.01.4 06	2.01.4 06	1.33.56 15*	
	1500	2.39.51	20160217 VH	3.10.5 09	3.10.5 09	2.24.56 14*	
	3000	-	-	6.26.0 10	6.26.0 10	5.02.31 14*	
	5000	-	-	11.51.8 09	11.51.8 09	9.10.09 14*	
	10000	-	-	24.56.2 10	24.56.2 10	24.56.2 10	
62	H60-64	Erik Gunnerød		Oslo Taxi		1953*09*14	16
	500	47.52	20160203 VH	46.43 14	43.3 96	40.6 79*	
	1000	1.37.78	20160202 VH	1.36.54 14	1.30.6 01	1.26.4 77*	
	1500	2.35.2	20160210 VH	2.29.21 14	2.17.2 95	2.16.63 01*	
	3000	5.30.38	20151126 Vi	5.22.32 15	4.56.5 00	4.50.14 00*	
	5000	9.55.42	20160127 VH	9.31.05 15	8.54.6 99	8.27.8 00*	
	10000	-	-	-	19.13.3 99	18.47.1 00*	
60	H60-64	Espen Hansen		Takeda		1956*01*03	16
	500	43.95	20160202 VH	-	41.8 91	41.2 93*	
	1000	1.28.39	20160203 VH	-	1.22.3 00	1.20.51 99*	
	1500	2.21.19	20160113 VH	-	2.07.2 00	2.02.28 99*	
	3000	4.45.00	20160301 Vi	-	4.22.7 95	4.11.21 99*	
	5000	8.14.98	20160127 VH	-	7.38.4 00	7.18.47 02*	
	10000	-	-	-	16.05.7 93	15.57.34 08*	
44	K	Marja Haartsen		AkuMed		1972*01*08	16
	500	52.39	20160309 VH	51.87 14	51.87 14	49.49 14*	
	1000	1.52.10	20160203 VH	1.55.74 13	1.47.6 07	1.37.80 07*	
	1500	3.00.6	20160210 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	
28	H16-39	Andreas Haugerud		Haugerud		1987*07*21	16
	500	42.32	20160203 VH	44.71 15	44.71 15	41.82 16*	
	1000	1.23.71	20160203 VH	1.32.55 15	1.32.55 15	1.23.71 16	
	1500	2.09.27	20151202 VH	2.17.67 15	2.17.67 15	2.03.37 16*	
	3000	4.26.05	20151126 Vi	4.45.93 15	4.45.93 15	4.23.02 16*	
	5000	7.47.58	20160301 Vi	8.21.91 15	8.21.91 15	7.24.04 16*	
	10000	-	-	17.44.94 15	17.44.94 15	15.52.45 16*	
60	H60-64	Helge Haugerud		H Haugerud AS		1956*01*11	16
	500	50.64	20160301 Vi	-	43.7 84	43.7 84	
	1000	-	-	-	1.28.2 85	1.28.2 85	
	1500	2.45.71	20160113 VH	-	2.18.0 83	2.18.0 83	
	3000	5.53.76	20160301 Vi	-	5.04.2 84	5.04.2 84	
	5000	-	-	-	8.46.9 83	8.46.9 83	
	10000	-	-	-	18.17.2 83	18.17.2 83	
58	H50-59	Sturla Haugsbø		Prinsdal Lege		1958*01*08	16
	500	51.56	20160309 VH	-	43.1 94	40.9 80*	
	1000	-	-	-	-	1.23.5 78*	
	1500	2.37.05	20160224 VH	-	2.18.6 94	2.02.8 79*	
	3000	-	-	-	5.27.5 94	4.27.02 80*	
	5000	-	-	-	-	7.48.6 80*	
	10000	-	-	-	-	16.17.9 79*	

57	H50-59	Morten Henriksen			Sykehuspartner			1958*12*03	16
	500	43.40	20151126	Vi	41.7	09	41.7	09	39.70 77*
	1000		-		1.23.4	09	1.23.4	09	1.19.33 07*
	1500		-		2.07.2	10	2.07.2	10	2.00.09 07*
	3000	4.42.68	20151126	Vi	4.29.3	09	4.29.3	09	4.18.54 07*
	5000		-						7.23.24 09*
	10000		-						15.31.59 09*
72	H70-74	Asbjørn Hildrum			OPIL			1944*05*20	16
	500	51.57	20160224	VH	49.43	14	42.6	82	42.1 94*
	1000		-		1.40.09	15	1.28.1	01	1.26.53 95*
	1500		-		2.39.19	14	2.14.6	00	2.09.9 94*
	3000	5.54.35	20160224	VH	5.26.75	15	4.39.4	00	4.35.9 94*
	5000		-		9.18.32	14	8.24.9	90	8.01.4 94*
	10000		-		19.38.44	15	16.45.2	93	16.45.2 93
29	H16-39	Christopher Huitfeldt			Huitfeldt			1987*06*24	16
	500		-						-
	1000		-						-
	1500		-						-
	3000		-						-
	5000	15.36.32	20160106	Fr					15.36.32 16
	10000		-						-
26	H16-39	Peder Huitfeldt			Huitfeldt			1990*01*06	16
	500		-						-
	1000		-						-
	1500		-						-
	3000		-						-
	5000	10.43.95	20160106	Fr					10.43.95 16
	10000		-						-
71	H70-74	Per Huse			Elin Huse AS			1944*07*28	16
	500	51.45	20160113	VH	50.76	15	43.0	79	43.0 79
	1000		-		1.42.31	15	1.29.5	83	1.29.5 83
	1500	2.40.33	20160113	VH	2.35.32	15	2.19.2	79	2.17.4 94*
	3000	5.32.30	20151126	Vi	5.31.96	15	4.58.9	78	4.50.4 94*
	5000	9.47.87	20160127	VH	9.56.91	15	8.27.4	79	8.27.4 79
	10000	21.43.58	20151216	VH	19.52.84	15	17.44.0	80	17.44.0 80
43	K	Renate Jeppsson			Jeppsson			1973*04*16	16
	500	47.39	20160309	VH	46.72	15	46.72	15	42.90 07*
	1000		-						1.24.82 07*
	1500	2.30.9	20160210	VH					2.12.37 07*
	3000		-						4.44.76 11*
	5000		-						9.32.1 12*
	10000		-						-
58	H50-59	Iver Johansen			FFI			1958*02*10	16
	500	47.20	20151126	Vi	44.4	09	43.1	00	42.81 99*
	1000	1.35.51	20160203	VH	1.31.16	13	1.27.9	00	1.25.48 06*
	1500	2.23.4	20160210	VH	2.19.1	10	2.14.1	02	2.11.42 02*
	3000	4.58.67	20151126	Vi	4.50.07	11	4.47.7	00	4.35.38 02*
	5000	8.41.72	20160217	VH	8.27.35	12	8.19.6	02	7.59.85 02*
	10000	17.25.27	20160224	VH	17.49.71	15	17.19.4	93	16.37.85 07*
58	H16-39	Hans Kristian Jorde			Aas-Jakobsen			1985*03*24	16
	500	42.03	20160203	VH	41.82	13	41.82	13	41.29 14*
	1000	1.23.02	20160203	VH	1.23.86	13	1.23.86	13	1.20.54 14*
	1500	2.10.31	20151202	VH	2.07.11	13	2.07.11	13	2.02.39 14*
	3000	4.29.27	20160301	Vi	4.36.27	13	4.36.27	13	4.21.03 13*
	5000	8.15.55	20160106	Fr	8.04.27	13	8.04.27	13	7.34.29 03*
	10000		-		16.53.65	14	16.53.65	14	16.04.73 13*

32	H16-39	Martin Grothe Lien		Bygganalyse		1983*07*06	16
	500	46.14	20160301 Vi	47.31 15	47.31 15	46.14 16	
	1000	1.35.55	20160203 VH	1.38.75 15	1.38.75 15	1.35.55 16	
	1500	2.26.5	20160210 VH	2.38.63 15	2.38.63 15	2.26.5 16	
	3000	5.20.08	20160216 VH	5.36.12 15	5.36.12 15	5.20.08 16	
	5000	8.31.80	20160301 Vi	9.58.88 15	9.58.88 15	8.31.80 16	
	10000	20.41.81	20151216 VH	-	-	18.54.00 16*	
74	H70-74	Magnar Lundberg		LKS		1942*04*15	16
	500	52.47	20160301 Vi	53.29 15	45.0 73	45.0 73	
	1000	1.47.18	20160202 VH	1.47.71 15	1.35.7 71	1.35.7 71	
	1500	2.38.51	20160224 VH	2.39.02 15	2.29.1 70	2.29.1 70	
	3000	5.28.23	20151126 Vi	5.34.64 15	5.31.4 72	5.28.23 16	
	5000	9.19.44	20160301 Vi	9.49.16 15	9.49.16 15	9.19.44 16	
	10000	20.33.41	20151216 VH	20.25.45 15	20.25.45 15	18.45.30 16*	
55	H50-59	Henry Nilsen		Oslo Taxi		1961*04*12	16
	500	-	-	46.21 13	46.21 13	40.80 86*	
	1000	-	-	1.36.29 14	1.36.29 14	1.21.0 85*	
	1500	-	-	2.25.7 12	2.25.7 12	2.02.96 86*	
	3000	5.41.59	20151209 VH	5.06.67 13	5.06.67 13	4.14.06 86*	
	5000	-	-	8.38.68 13	8.38.68 13	7.08.97 84*	
	10000	-	-	20.37.77 14	20.37.77 14	14.54.7 88*	
37	H16-39	Frode Nordahl		PowerTech		1979*06*23	16
	500	59.02	20160309 VH	-	-	59.02 16	
	1000	-	-	-	-	2.00.16 16*	
	1500	3.14.36	20160309 VH	-	-	3.14.36 16	
	3000	-	-	-	-	-	
	5000	-	-	-	-	-	
	10000	-	-	-	-	-	
61	H60-64	Ragnvald Næss		RusCons		1954*07*05	16
	500	47.43	20160113 VH	-	43.4 01	40.6 85*	
	1000	-	-	-	1.28.85 11	1.21.27 85*	
	1500	2.20.40	20160113 VH	-	2.13.7 01	2.02.42 83*	
	3000	-	-	-	-	4.14.64 11*	
	5000	-	-	-	-	7.06.51 11*	
	10000	-	-	-	16.13.7 06	14.55.21 10*	
68	H65-69	Jan Olsen		Olsen		1948*04*07	16
	500	54.08	20160216 VH	52.65 15	44.8 80	43.9 78*	
	1000	-	-	-	1.30.2 84	1.30.1 93*	
	1500	-	-	2.37.73 15	2.18.8 90	2.15.2 93*	
	3000	5.39.50	20151209 VH	5.29.35 14	4.50.3 90	4.41.1 93*	
	5000	9.39.98	20160224 VH	9.22.79 14	8.25.6 91	8.09.3 78*	
	10000	-	-	-	17.16.5 92	17.16.5 92	
64	H60-64	Stein Opdahl		SSB		1952*03*01	16
	500	54.59	20160216 VH	51.33 13	46.5 01	46.5 01	
	1000	-	-	1.47.00 15	1.34.5 04	1.33.71 03*	
	1500	2.49.8	20160210 VH	2.40.93 12	2.24.5 02	2.21.07 03*	
	3000	6.08.15	20160216 VH	5.46.55 13	5.02.4 02	4.57.39 02*	
	5000	10.37.64	20160217 VH	9.44.01 13	8.47.1 00	8.36.77 03*	
	10000	21.21.34	20160224 VH	20.33.74 12	18.12.2 04	17.36.55 03*	
48	K	Marit Dalseth Riktor		IFE		1967*11*11	16
	500	-	-	-	-	1.06.4 09*	
	1000	-	-	-	3.00.3 95	2.25.71 14*	
	1500	4.01.8	20160210 VH	-	-	3.20.4 09*	
	3000	-	-	-	-	7.12.80 14*	
	5000	13.50.55	20160106 Fr	-	-	11.35.6 09*	
	10000	-	-	-	-	23.52.6 07*	

55	H50-59	Espen Riktor		Fagdata		1961*05*16	16
	500	52.64	20151126 Vi	53.45 15	53.45 15	51.35 15*	
	1000	-	-	-	-	-	
	1500	2.39.3	20160210 VH	2.36.48 15	2.36.48 15	2.29.39 15*	
	3000	5.18.64	20151126 Vi	5.21.51 15	5.21.51 15	5.18.64 16	
	5000	9.51.67	20160106 Fr	9.08.63 15	9.08.63 15	9.04.79 16*	
	10000	20.17.58	20151216 VH	19.32.64 15	19.32.64 15	18.12.34 15*	
57	H50-59	Vidar Skripeland		Bufetat		1959*05*26	16
	500	-	-	49.87 14	49.87 14	47.41 16*	
	1000	-	-	-	-	-	
	1500	-	-	-	-	2.20.01 16*	
	3000	5.14.09	20151209 VH	-	-	4.45.03 16*	
	5000	8.28.43	20160127 VH	8.32.86 14	8.32.86 14	7.54.07 16*	
	10000	16.40.67	20160301 Vi	17.44.58 15	17.44.58 15	16.23.03 16*	
58	H50-59	John K Solem		DNB		1957*07*11	16
	500	49.21	20151126 Vi	48.0 08	48.0 08	47.89 08*	
	1000	1.40.11	20160202 VH	1.37.9 10	1.37.9 10	1.37.47 11*	
	1500	2.35.27	20151202 VH	2.28.9 10	2.28.9 10	2.25.19 08*	
	3000	5.16.14	20151126 Vi	5.13.3 08	5.13.3 08	5.05.36 10*	
	5000	9.43.98	20160106 Fr	9.19.0 08	9.19.0 08	8.53.52 08*	
	10000	-	-	-	-	18.36.54 08*	
61	H60-64	Arne Stenhaus		ABC Matter		1955*06*16	16
	500	44.32	20151126 Vi	44.98 15	41.9 07	41.21 09*	
	1000	-	-	1.36.11 15	1.25.5 03	1.21.98 10*	
	1500	2.34.02	20160217 VH	2.23.79 15	2.13.5 06	2.03.45 07*	
	3000	4.54.38	20151126 Vi	5.03.75 15	4.37.6 06	4.23.55 07*	
	5000	8.59.25	20160217 VH	8.42.11 15	8.11.8 08	7.38.80 07*	
	10000	-	-	-	16.53.7 06	16.16.06 07*	
65	H65-69	Oddmar Stenhaus		Stenhaus		1950*07*20	16
	500	53.20	20160301 Vi	-	50.78 13	50.78 13	
	1000	-	-	-	1.47.89 14	1.44.08 13*	
	1500	2.46.02	20160224 VH	-	2.37.15 13	2.32.28 14*	
	3000	-	-	-	5.33.93 14	5.18.73 14*	
	5000	9.26.61	20160301 Vi	-	9.23.64 13	9.19.88 15*	
	10000	21.17.56	20151216 VH	-	19.27.33 14	19.27.33 14	
60	H60-64	Per Gunnar Stensvaag		SAS		1956*05*18	16
	500	46.16	20160301 Vi	-	44.6 05	43.63 04*	
	1000	-	-	-	2.01.0 07	1.27.71 13*	
	1500	2.36.05	20160301 Vi	-	2.27.0 03	2.12.5 06*	
	3000	-	-	-	5.12.2 06	4.36.72 06*	
	5000	-	-	-	8.52.46 14	7.50.53 07*	
	10000	-	-	-	17.44.8 04	16.49.57 04*	
45	K	Susanne V. Stensvaag		SAS		1971*02*02	16
	500	1.06.18	20160301 Vi	1.09.28 15	1.09.28 15	1.04.21 16*	
	1000	-	-	-	-	2.10.60 15*	
	1500	3.25.55	20160301 Vi	3.32.22 15	3.32.22 15	3.18.24 15*	
	3000	-	-	-	-	6.56.06 15*	
	5000	-	-	-	-	12.35.75 16*	
	10000	-	-	-	-	25.39.42 15*	
65	H65-69	Torbjørn Sæther		Eidsvoll Kom.		1950*12*05	16
	500	50.33	20160301 Vi	-	44.4 88	43.0 82*	
	1000	1.39.19	20160202 VH	-	1.34.2 06	1.27.4 90*	
	1500	2.38.34	20160309 VH	-	2.17.2 92	2.11.7 93*	
	3000	5.12.05	20160301 Vi	-	4.48.9 89	4.38.3 93*	
	5000	-	-	-	8.19.2 89	8.04.5 94*	
	10000	-	-	-	16.31.2 93	16.31.2 93	

62	K	Silvia Tassara		RusCons		1954*01*12	16
	500	56.72	20160113	VH	-	-	45.48 76*
	1000				-	-	1.35.42 76*
	1500	3.00.05	20160113	VH	-	-	2.29.94 11*
	3000				-	-	5.13.39 15*
	5000				-	-	9.37.72 15*
	10000				-	-	-
64	H60-64	Peder Tyvand		NMBU		1951*09*02	16
	500				54.17 14	50.1 90	50.1 90
	1000				2.04.24 14	1.46.0 02	1.46.0 02
	1500				3.02.13 12	2.44.6 00	2.39.92 05*
	3000	6.59.75	20160216	VH	6.28.24 12	5.56.2 01	5.56.2 01
	5000				11.17.89 12	10.38.3 00	10.02.49 05*
	10000	25.28.63	20151216	VH	-	22.34.8 04	21.07.93 06*
65	H65-69	Erik Vea		Sørums Komm.		1951*06*11	16
	500	45.42	20151126	Vi	-	41.6 91	40.02 78*
	1000	1.32.23	20160202	VH	-	1.25.8 07	1.20.8 79*
	1500	2.19.86	20160301	Vi	-	2.05.0 92	2.00.44 80*
	3000	4.43.64	20151126	Vi	-	4.29.5 91	4.12.40 04*
	5000				-	8.05.3 10	7.20.85 04*
	10000				-	18.30.83 14	15.34.5 78*
44	H40-49	Sveinung Vea		Skift Gir		1972*05*24	16
	500	45.20	20160301	Vi	47.05 13	47.05 13	45.20 16
	1000				1.34.10 13	1.34.10 13	1.32.34 15*
	1500	2.18.32	20160301	Vi	2.20.31 13	2.20.31 13	2.14.30 16*
	3000	4.48.29	20151126	Vi	4.48.00 13	4.48.00 13	4.38.86 16*
	5000	8.16.31	20160127	VH	8.21.12 15	8.21.12 15	7.59.10 16*
	10000	17.22.10	20151216	VH	17.14.70 15	17.14.70 15	16.23.62 16*
49	H40-49	Odd Arild Ødegaard		Valle Kiosk		1967*04*24	16
	500	46.75	20160202	VH	45.94 15	45.94 15	44.80 16*
	1000	1.33.15	20160203	VH	-	-	1.33.15 16
	1500	2.24.34	20160217	VH	2.27.29 15	2.27.29 15	2.12.53 16*
	3000	5.06.36	20160216	VH	5.03.65 15	5.03.65 15	5.03.65 15
	5000	8.39.08	20160217	VH	8.38.65 14	8.38.65 14	7.55.92 16*
	10000	18.05.75	20151216	VH	17.54.67 15	17.54.67 15	16.29.82 15*
65	H65-69	Øivind Øiseth (Andersen)		Katalogforl.		1951*04*05	16
	500	47.85	20160301	Vi	-	43.2 90	42.1 81*
	1000	1.36.71	20160202	VH	-	1.25.9 90	1.23.5 89*
	1500	2.27.43	20160217	VH	-	2.10.7 90	2.06.7 89*
	3000	4.56.25	20160224	VH	-	4.36.7 89	4.30.9 93*
	5000	8.21.65	20160301	Vi	-	8.03.9 87	7.40.91 02*
	10000				-	15.57.9 93	15.57.9 93