

OBIKs SKØYTELEKSIKON
Kun deltagere 1984/1985 - dato

pr 2022-04-06

Klasse	Navn		Klasse-best	Bedrift	Født	sist
2021/22	Beste OBIK-løp		før sesongen	OBIK-beste	Pers. rek.	reg.
	sesongen 2021/22			før sesongen	(*=ikke OBIK)	ses.

65	H65-69	Pål Agdestein		Agdestein osv	1957*05*26	22
	500	48.71	20220202 Fr	-	41.1 05	40.3 93*
	1000		-	-	1.21.9 99	1.20.8 00*
	1500	2.24.01	20220202 Fr	-	2.06.6 00	2.02.59 11*
	3000		-	-	4.31.1 99	4.16.50 11*
	5000	5.08.84	20220112 Fr	-	7.48.5 99	7.25.09 02*
	10000		-	-	15.44.6 93	15.38.20 15*
44	K	Ragnhild Andresen		Sats Sjølyst	1978*04*08	22
	500	50.60	20211201 Fr	-	-	43.88 01*
	1000	1.41.76	20211201 Fr	-	-	1.28.0 01*
	1500		-	-	-	2.11.62 01*
	3000		-	-	-	4.37.8 04*
	5000		-	-	-	8.04.91 00*
	10000		-	-	-	19.12.39 18*
61	H60-64	Eric Askildsen		AFK	1961*06*12	22
	500	49.48	20220202 Fr	-	45.97 20	44.27 19*
	1000		-	-	1.33.76 17	1.33.76 17
	1500	2.29.97	20220202 Fr	-	-	2.10.74 20*
	3000	4.54.01	20220112 Fr	-	4.52.41 20	4.32.49 20*
	5000	8.29.29	20220126 Fr	-	8.00.88 20	7.47.48 20*
	10000		-	-	16.11.06 20	15.52.04 20*
61	H60-64	Kjetil Narum Bakken		MT Cargoscan	1960*10*12	22
	500	49.31	20211208 Fr	-	44.74 12	43.80 09*
	1000	1.40.50	20211201 Fr	-	1.31.2 09	1.27.29 11*
	1500	2.38.30	20220105 Fr	-	2.18.5 04	2.11.29 07*
	3000	5.25.27	20220112 Fr	-	4.43.99 11	4.34.22 11*
	5000	9.25.55	20220126 Fr	-	8.05.9 09	7.47.23 11*
	10000		-	-	16.53.08 16	16.12.69 08*
68	H65-69	Per Inge Båtnes		OsloMet	1954*04*15	22
	500	54.69	20220119 Fr	50.03 19	48.92 17	47.35 17*
	1000	1.47.89	20220119 Fr	1.45.41 20	-	1.33.43 17*
	1500		-	2.30.60 19	2.31.90 17	2.21.76 17*
	3000		-	5.43.98 20	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
28	H16-39	Clement Chaduc		Texas Instruments	1994*01*19	22
	500	43.85	20220105 Fr	42.68 20	42.68 20	42.04 20*
	1000	1.26.61	20220119 Fr	1.24.61 20	1.24.61 20	1.24.61 20
	1500	2.08.56	20220105 Fr	2.06.01 20	2.06.01 20	2.04.88 20*
	3000	4.25.82	20220209 Fr	4.21.34 19	4.21.34 19	4.21.34 19
	5000	7.42.52	20220126 Fr	7.24.08 19	7.24.08 19	7.12.56 20*
	10000	16.02.41	20211215 Fr	15.27.87 20	15.27.87 20	14.49.40 19*

66	H65-69	Ivar Dahl				NIVA		1955*07*25	22	
	500	56.02	20220119	Fr	-	41.9	00	41.0	94*	
	1000			-	-	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	
71	H70-74	Terje Erfjord				Statnett		1951*06*21	22	
	500	53.44	20220105	Fr	-	44.3	95	43.5	87*	
	1000	1.48.66	20220119	Fr	-	1.29.1	94	1.27.7	89*	
	1500	2.41.46	20220105	Fr	-	2.15.5	01	2.10.6	89*	
	3000	5.33.21	20220112	Fr	-	4.40.0	02	4.31.0	94*	
	5000	9.52.04	20220126	Fr	-	8.04.4	95	7.48.95	02*	
	10000	21.53.39	20211215	Fr	-	16.08.9	93	16.08.9	93	
60	H60-64	Dag Øivind Eriksen				OPIL		1961*08*22	22	
	500	48.33	20220119	Fr	-	-	-	48.33	22	
	1000	1.42.20	20220119	Fr	-	-	-	1.42.20	22	
	1500	2.50.76	20220223	Fr	-	-	-	2.50.76	22	
	3000	5.26.71	20220216	Fr	-	-	-	5.26.71	22	
	5000	9.17.16	20220126	Fr	-	-	-	9.17.16	22	
	10000			-	-	-	-	-	-	
48	H40-49	Gard Skoe Fredriksen				EBY		1973*10*04	22	
	500			-	-	-	-	45.98	15*	
	1000			-	-	1.42.69	12	1.33.5	05*	
	1500			-	2.17.47	17	2.17.47	17	17	
	3000	5.16.75	20211124	Fr	5.08.75	15	5.08.75	15	4.58.19	08*
	5000			-	8.22.65	17	8.22.65	17	8.22.65	17
	10000	19.29.02	20211215	Fr	-	-	-	18.21.21	17*	
57	H50-59	Tord Fredriksen				Space Norway AS		1965*05*20	22	
	500	59.42	20220105	Fr	57.70	17	57.70	17	54.74	17*
	1000			-	-	-	-	-	-	
	1500	2.55.99	20220105	Fr	-	-	-	2.42.67	18*	
	3000			-	5.41.27	17	5.41.27	17	5.37.68	18*
	5000	10.00.08	20220126	Fr	9.41.63	17	9.41.63	17	9.00.45	18*
	10000	21.52.50	20211215	Fr	19.34.32	20	19.34.32	20	18.27.66	18*
71	H70-74	Pål Gulliksen				Inventum AS		1950*08*06	22	
	500	59.07	20220119	Fr	-	54.60	15	54.60	15	
	1000	2.09.70	20220119	Fr	-	1.56.65	15	1.56.65	15	
	1500			-	-	2.57.42	14	2.57.42	14	
	3000			-	-	6.33.35	14	6.33.35	14	
	5000			-	-	-	-	-	-	
	10000			-	-	-	-	-	-	
68	H65-69	Erik Gunnerød				Oslo Taxi		1953*09*14	22	
	500	52.98	20220216	Fr	50.64	19	43.3	96	40.6	79*
	1000	1.48.61	20220119	Fr	1.46.13	19	1.30.6	01	1.26.4	77*
	1500	2.53.34	20220202	Fr	2.45.21	19	2.17.2	95	2.16.63	01*
	3000	5.50.54	20220216	Fr	5.59.98	20	4.56.5	00	4.50.14	00*
	5000	10.28.38	20220126	Fr	10.14.68	19	8.54.6	99	8.27.8	00*
	10000			-	-	19.13.3	99	18.47.1	00*	

66	H65-69	Espen Hansen				Takeda		1956*01*03	22	
	500	47.29	20220202	Fr	-	41.8	91	41.2	93*	
	1000	1.37.03	20220119	Fr	-	1.22.3	00	1.20.51	99*	
	1500	2.27.18	20220202	Fr	-	2.07.2	00	2.02.28	99*	
	3000	5.05.49	20220209	Fr	-	4.22.7	95	4.11.21	99*	
	5000		-		-	7.38.4	00	7.18.47	02*	
	10000		-		-	16.05.7	93	15.57.34	08*	
50	K	Marja Haartsen				Haartsen		1972*01*08	22	
	500	57.33	20220105	Fr	-	51.87	14	49.49	14*	
	1000	2.08.39	20211208	Fr	-	1.47.6	07	1.37.80	07*	
	1500	3.06.90	20220105	Fr	-	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	
34	H16-39	Andreas Haugerud				Sykeh Innlandet		1987*07*21	22	
	500	45.34	20220202	Fr	42.32	16	42.32	16	41.82	16*
	1000		-		1.23.71	16	1.23.71	16	1.22.33	18*
	1500	2.17.28	20220202	Fr	2.08.03	17	2.08.03	17	2.03.37	16*
	3000		-		4.29.22	18	4.29.22	18	4.21.55	19*
	5000	8.17.13	20220126	Fr	7.44.17	17	7.44.17	17	7.24.04	16*
	10000		-		17.44.94	15	17.44.94	15	15.45.87	17*
28	H16-39	Håkon Haugerud				Psyk Haugerud		1993*11*15	22	
	500	55.48	20220216	Fr	1.08.60	17	1.08.60	17	55.48	22
	1000		-		-	-	-	1.50.48	22*	
	1500	2.57.76	20220223	Fr	-	-	-	2.57.76	22	
	3000	5.47.46	20220216	Fr	6.27.74	17	6.27.74	17	5.47.46	22
	5000	10.30.11	20220223	Fr	-	-	-	10.23.77	17*	
	10000		-		-	-	-	-	-	
52	H50-59	Ståle Heitmann				Hafslund Nett		1970*04*24	22	
	500	53.91	20220105	Fr	53.28	20	53.28	20	52.12	20*
	1000		-		1.46.15	20	1.46.15	20	1.46.15	20
	1500	2.41.28	20220105	Fr	2.39.03	20	2.39.03	20	2.39.03	20
	3000	5.28.15	20220112	Fr	5.26.89	20	5.26.89	20	5.26.89	20
	5000		-		9.14.58	20	9.14.58	20	9.14.58	20
	10000	19.23.26	20211215	Fr	19.33.24	20	19.33.24	20	19.14.25	20*
63	K	Sara Hemmer				Kuben		1959*03*25	22	
	500	1.02.45	20220105	Fr	59.04	19	56.28	13	55.5	12*
	1000	2.03.76	20211208	Fr	2.13.30	19	1.52.88	13	1.52.88	13
	1500	3.01.85	20220105	Fr	2.48.85	19	2.43.50	12	2.43.50	12
	3000	6.10.17	20220112	Fr	5.43.07	19	5.43.07	19	5.43.07	19
	5000	10.02.59	20220126	Fr	9.39.65	19	9.39.65	19	9.22.37	19*
	10000	20.26.09	20211215	Fr	20.47.03	19	20.08.10	13	19.11.29	13*
49	K	Renate Jeppsson				Velferdsetaten		1973*04*16	22	
	500	48.91	20220202	Fr	46.33	20	46.33	20	42.90	07*
	1000	1.44.69	20211201	Fr	1.36.39	20	1.36.39	20	1.24.82	07*
	1500	2.43.61	20220202	Fr	2.30.9	16	2.30.9	16	2.12.37	07*
	3000		-		-	-	-	4.44.76	11*	
	5000		-		-	-	-	9.17.70	18*	
	10000		-		-	-	-	-	-	

64	H60-64	Iver Johansen				FFI		1958*02*10	22	
	500	50.65	20220105	Fr	47.64	18	43.1	00	42.81	99*
	1000	1.39.70	20220119	Fr	1.39.28	20	1.27.9	00	1.25.48	06*
	1500	2.30.89	20220105	Fr	2.26.99	18	2.14.1	02	2.11.42	02*
	3000	5.07.54	20220209	Fr	4.56.76	18	4.47.7	00	4.35.38	02*
	5000	9.19.66	20220223	Fr	8.27.39	18	8.19.6	02	7.59.85	02*
	10000		-		18.12.80	20	17.19.4	93	16.37.85	07*
52	H50-59	Nils Juell					Geodata	1970*05*30	22	
	500	48.59	20211208	Fr	47.25	20	47.25	20	47.23	19*
	1000	1.39.69	20211201	Fr	1.37.41	20	1.37.41	20	1.37.41	20
	1500		-		2.28.45	20	2.28.45	20	2.24.10	20*
	3000		-		5.09.82	20	5.09.82	20	5.03.79	20*
	5000		-		9.17.11	20	9.17.11	20	8.54.91	19*
	10000		-				20.06.63	19	19.27.29	22*
28	H16-39	Erik Aske Kolstad					VEO	1994*02*01	22	
	500	52.35	20220105	Fr	50.84	20	50.84	20	50.84	20
	1000		-		2.03.07	18	2.03.07	18	2.03.07	18
	1500	2.46.30	20220105	Fr	2.51.00	20	2.51.00	20	2.46.30	22
	3000		-		5.52.67	20	5.52.67	20	5.52.67	20
	5000		-							
	10000		-							
30	H16-39	Morten Aske Kolstad					Bekk	1992*05*05	22	
	500	44.22	20220105	Fr	42.41	19	42.41	19	41.07	19*
	1000	1.29.19	20211201	Fr	1.26.73	19	1.26.73	19	1.22.37	18*
	1500	2.14.55	20220105	Fr	2.13.06	18	2.13.06	18	2.05.91	19*
	3000	4.48.71	20220209	Fr	4.48.62	18	4.48.62	18	4.30.54	19*
	5000	8.28.83	20220126	Fr	8.15.07	17	8.15.07	17	7.47.37	18*
	10000		-		18.17.70	18	18.17.70	18	16.16.62	17*
62	H60-64	Herbert Kristoffersen					Finansdep.	1959*11*24	22	
	500	57.48	20220202	Fr					52.55	13*
	1000		-							
	1500	3.01.56	20220202	Fr					2.43.8	11*
	3000	6.16.88	20220209	Fr					6.16.88	22
	5000	11.53.51	20220223	Fr					10.09.55	14*
	10000		-						21.14.2	09*
60	H60-64	Ole Kjell Langmyren					Gabler	1961*08*03	22	
	500	58.53	20220216	Fr			58.20	20	58.20	20
	1000		-				2.01.11	20	2.01.11	20
	1500	3.00.57	20220202	Fr			2.54.11	20	2.54.11	20
	3000	5.59.26	20220216	Fr			5.57.72	20	5.56.74	22*
	5000	10.18.42	20220126	Fr			10.01.80	20	10.01.41	22*
	10000	21.14.86	20211215	Fr					21.14.86	22
38	H16-39	Martin Grothe Lien					Bygganalyse	1983*07*06	22	
	500	46.54	20220105	Fr	45.19	18	45.19	18	45.18	18*
	1000	1.36.39	20220119	Fr	1.31.23	18	1.31.23	18	1.31.23	18
	1500	2.18.18	20220105	Fr	2.19.49	18	2.19.49	18	2.14.30	18*
	3000		-		4.51.79	18	4.51.79	18	4.44.66	19*
	5000		-		8.29.62	19	8.29.62	19	8.18.80	18*
	10000	18.52.03	20211215	Fr	18.00.31	18	18.00.31	18	18.00.31	18

80	H80-84	Magnar Lundberg				LKS	1942*04*15	22
	500	54.12	20220216	Fr	-	45.0 73	45.0 73	
	1000	1.52.47	20220119	Fr	-	1.35.7 71	1.35.7 71	
	1500	2.51.28	20220105	Fr	-	2.29.1 70	2.29.1 70	
	3000	5.55.76	20220216	Fr	-	5.31.4 72	5.23.51 18*	
	5000	10.31.18	20220126	Fr	-	9.36.98 17	9.05.76 17*	
	10000		-		-	19.14.77 17	18.45.30 16*	
63	H60-64	Ole Løland				ASSA ABLOY	1959*03*16	22
	500	53.42	20220105	Fr	54.54 20	54.54 20	53.26 22*	
	1000	1.49.64	20220119	Fr	1.51.03 20	1.51.03 20	1.49.64 22	
	1500	2.48.96	20220105	Fr	2.55.41 20	2.55.41 20	2.40.44 22*	
	3000	5.40.91	20220216	Fr	5.59.99 20	5.59.99 20	5.40.91 22	
	5000	9.44.12	20220126	Fr	10.14.44 20	10.14.44 20	9.34.47 22*	
	10000	21.00.70	20211215	Fr	-	-	19.49.42 22*	
38	H16-39	Christoffer Toney Mørk (X-Gundersen)				Tårnåsen Skole	1984*04*08	22
	500	53.58	20211201	Fr	49.89 18	49.89 18	45.06 14*	
	1000	1.47.23	20211201	Fr	2.01.4 06	2.01.4 06	1.33.56 15*	
	1500		-		2.38.37 18	2.38.37 18	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	
56	H50-59	Ivar Njøs				Norfo	1965*10*22	22
	500	41.03	20220105	Fr	39.50 17	39.4 09	37.5 01*	
	1000		-		1.22.04 17	1.22.04 17	1.14.88 13*	
	1500		-		-	-	1.58.24 07*	
	3000		-		-	-	4.20.45 07*	
	5000		-		-	-	7.43.29 07*	
	10000		-		-	-	-	
51	H50-59	Ole Martin Nodenes				Sikt/Unit(*)	1971*01*31	22
	500	52.16	20220202	Fr	-	50.85 20	50.85 20	
	1000	1.49.57	20220119	Fr	-	1.50.73 20	1.49.57 22	
	1500	2.43.74	20220202	Fr	-	2.49.47 20	2.43.72 22*	
	3000	5.40.75	20220209	Fr	-	5.55.81 20	5.40.75 22	
	5000	9.50.25	20220126	Fr	-	9.54.33 20	9.49.78 22*	
	10000	20.59.45	20211215	Fr*	-	22.35.36 20	20.59.45 22	
43	H40-49	Frode Nordahl				Nimble	1979*06*23	22
	500	54.41	20220202	Fr	53.29 20	53.29 20	50.43 18*	
	1000	1.55.18	20211201	Fr	1.48.23 20	1.48.23 20	1.44.07 18*	
	1500	2.52.59	20220202	Fr	-	3.14.36 16	2.45.23 18*	
	3000		-		-	-	6.10.89 18*	
	5000		-		-	-	-	
	10000		-		-	-	-	
70	H70-74	Stein Opdahl				SSB	1952*03*01	22
	500	55.14	20220202	Fr	-	46.5 01	46.5 01	
	1000	1.51.43	20220119	Fr	-	1.34.5 04	1.33.71 03*	
	1500	3.01.16	20220202	Fr	-	2.24.5 02	2.21.07 03*	
	3000	6.18.47	20220112	Fr	-	5.02.4 02	4.57.39 02*	
	5000		-		-	8.47.1 00	8.36.77 03*	
	10000		-		-	18.12.2 04	17.36.55 03*	

61	H60-64	Espen Riktor				Riktorsoft		1961*05*16	22		
	500	55.68	20220216	Fr	-	52.10	19	51.35	15*		
	1000	1.51.92	20220119	Fr	-	1.45.42	18	1.45.42	18		
	1500	2.44.34	20220105	Fr	-	2.35.63	17	2.29.39	15*		
	3000	5.34.53	20220209	Fr	-	5.18.64	16	5.13.58	20*		
	5000	9.47.34	20220126	Fr	-	9.08.63	15	8.49.61	18*		
	10000	20.36.34	20211215	Fr	-	19.19.84	19	18.12.34	15*		
54	K	Marit D Riktor				Ahus		1967*11*11	22		
	500			-	1.13.12	19	1.13.12	19	1.06.4	09*	
	1000			-				3.00.3	95	2.25.71	14*
	1500			-	3.52.84	18	3.52.84	18	3.20.4	09*	
	3000	8.58.85	20220112	Fr	7.32.75	18	7.32.75	18	7.12.80	14*	
	5000			-	12.55.37	18	13.50.55	16	11.35.6	09*	
	10000			-	28.54.74	18	28.54.74	18	23.52.6	07*	
61	H60-64	Torgeir Rundsveen				Rundsveen		1961*02*21	22		
	500	51.84	20220216	Fr	-	51.39	20	43.3	90*		
	1000	1.45.78	20211201	Fr	-	1.46.67	20	1.26.8	90*		
	1500	2.42.09	20220105	Fr	-	2.44.63	20	2.13.9	89*		
	3000	5.40.72	20220216	Fr	-	5.44.69	20	4.46.0	90*		
	5000			-				10.17.46	20	8.11.1	90*
	10000			-						17.24.4	90*
51	H50-59	Øyvind Skarholt				Norsk Byggtjen.		1970*11*01	22		
	500	50.15	20220202	Fr	-	48.83	18	48.25	18*		
	1000			-							
	1500	2.36.43	20220202	Fr	-	2.29.07	18	2.23.22	18*		
	3000	5.26.17	20220216	Fr	-	5.13.89	18	5.10.28	18*		
	5000			-				9.06.88	17	8.43.77	18*
	10000			-				18.44.27	17	18.44.27	17
63	H60-64	Vidar Skripeland				Skripeland Cons.		1959*05*26	22		
	500			-				49.87	14	47.41	16*
	1000			-							
	1500			-						2.19.49	19*
	3000			-				5.14.09	16	4.45.03	16*
	5000	8.35.60	20220126	Fr	-	8.19.04	19	7.46.16	17*		
	10000	18.07.57	20211215	Fr	-	16.40.67	16	15.48.15	17*		
33	H16-39	Hans Kristian Smedsrød				Nok Nok Regnskap		1989*01*20	22		
	500			-	40.52	15	40.52	15	37.71	09*	
	1000			-						1.14.74	09*
	1500			-						1.58.61	09*
	3000			-						4.16.95	08*
	5000	8.35.33	20220126	Fr	-					7.31.33	08*
	10000			-						17.04.84	09*
64	H60-64	John K Solem				DNB		1957*07*11	22		
	500	55.31	20211208	Fr	50.98	19	48.0	08	47.89	08*	
	1000	1.52.27	20211208	Fr	1.42.74	19	1.37.9	10	1.37.47	11*	
	1500	2.59.79	20220105	Fr	2.41.49	19	2.28.9	10	2.25.19	08*	
	3000	6.06.30	20220112	Fr	5.46.67	19	5.13.3	08	5.05.36	10*	
	5000			-	10.14.32	20	9.19.0	08	8.53.52	08*	
	10000			-						18.36.54	08*

67	H65-69	Arne Stenhaug				ABC Matter	1955*06*16	22
	500	49.11	20220105	Fr	47.58	20	41.9 07	41.21 09*
	1000	1.43.65	20220119	Fr	1.42.98	20	1.25.5 03	1.21.98 10*
	1500	2.38.78	20220202	Fr		-	2.13.5 06	2.03.45 07*
	3000	5.27.58	20220112	Fr	5.35.37	20	4.37.6 06	4.23.55 07*
	5000	9.29.51	20220126	Fr		-	8.11.8 08	7.38.80 07*
	10000			-		-	16.53.7 06	16.16.06 07*
66	H65-69	Per Gunnar Stensvaag				SAS	1956*05*18	22
	500	48.62	20211201	Fr		-	44.6 05	43.63 04*
	1000	1.40.60	20211201	Fr		-	1.42.20 20	1.27.71 13*
	1500			-		-	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*
51	K	Susanne Vangen Stensvaag				SAS	1971*02*02	22
	500	1.08.66	20211208	Fr		-	1.04.47 19	58.36 20*
	1000	2.32.79	20211208	Fr		-		1.58.50 19*
	1500			-		-	3.16.57 19	3.05.63 19*
	3000			-		-	7.29.88 19	6.33.02 19*
	5000	13.16.97	20220126	Fr		-	11.58.94 19	11.58.94 19
	10000			-		-	26.07.72 17	25.00.06 19*
30	H16-39	Håvard Straumsnes				Allergot Ungd.sk.	1991*12*07	22
	500	46.73	20220202	Fr	53.75	19	53.75 19	45.66 22*
	1000	1.37.91	20211208	Fr		-		1.37.91 22
	1500	2.18.47	20220105	Fr		-		2.17.86 22*
	3000	4.54.55	20220112	Fr	6.16.46	19	6.16.46 19	4.46.76 22*
	5000	8.25.70	20220126	Fr		-		7.59.46 22*
	10000	17.45.86	20211215	Fr		-		17.06.48 22*
62	H60-64	Rune Sundland				Airborne AS	1960*06*25	22
	500	58.43	20220216	Fr	54.48	20	56.64 18	54.48 20
	1000	1.57.77	20211208	Fr	1.53.43	20	1.53.43 20	1.53.43 20
	1500	2.57.20	20220105	Fr	2.58.45	20	2.54.31 18	2.52.43 20*
	3000	6.18.55	20220112	Fr	6.03.12	20	6.01.85 18	6.01.85 18
	5000	10.51.32	20220126	Fr	10.47.41	20	10.45.63 18	10.20.11 16*
	10000			-		-		21.23.90 22*
71	H70-74	Erik Vea				Lillestr. Komm.	1951*06*11	22
	500	48.34	20220216	Fr		-	41.6 91	40.02 78*
	1000	1.38.73	20220119	Fr		-	1.25.8 07	1.20.8 79*
	1500	2.30.93	20220105	Fr		-	2.05.0 92	2.00.44 80*
	3000	5.03.49	20220112	Fr		-	4.29.5 91	4.12.40 04*
	5000	8.49.19	20220126	Fr		-	8.05.3 10	7.20.85 04*
	10000			-		-	18.27.41 19	15.34.5 78*
71	H70-74	Øivind Øiseth (Andersen)				Katalogforl.	1951*04*05	22
	500	51.31	20220105	Fr		-	43.2 90	42.1 81*
	1000	1.44.46	20220119	Fr		-	1.25.9 90	1.23.5 89*
	1500	2.35.13	20220105	Fr		-	2.10.7 90	2.06.7 89*
	3000	5.16.36	20220112	Fr		-	4.36.7 89	4.30.9 93*
	5000	9.13.46	20220126	Fr		-	8.03.9 87	7.40.91 02*
	10000			-		-	15.57.9 93	15.57.9 93