

OBIKS SKØYTELEKSIKON

pr 2023-03-19

Kun deltagere 1984/1985 - dato

Klasse	Navn			Klasse-best	Bedrift	Født	sist
2022/23	Beste OBIK-løp			før sesongen	OBIK-beste	Pers. rek.	reg.
	sesongen 2022/23				før sesongen	(*=ikke OBIK)	ses.
66	H65-69	Pål Agdestein			Agdestein osv	1957*05*26	23
	500	48.82	20230201 Fr	48.71 22	41.1 05	40.3 93*	
	1000	1.41.53	20230111 Fr	-	1.21.9 99	1.20.8 00*	
	1500	2.25.33	20230201 Fr	2.24.01 22	2.06.6 00	2.02.59 11*	
	3000	5.08.86	20230215 Fr	5.08.84 22	4.31.1 99	4.16.50 11*	
	5000	-	-	-	7.48.5 99	7.25.09 02*	
	10000	-	-	-	15.44.6 93	15.38.20 15*	
75	H75-79	Geir Brunsvik			Oslo-Lærerne	1948*02*26	23
	500	57.52	20230201 Fr	53.59 19	43.6 80	42.5 68*	
	1000	1.56.73	20230111 Fr	1.50.03 18	1.31.5 80	1.31.1 80*	
	1500	2.58.50	20230201 Fr	2.48.67 18	2.28.3 80	2.16.1 68*	
	3000	6.30.89	20230215 Fr	5.57.48 18	5.40.0 80	4.56.7 68*	
	5000	-	-	-	9.53.30 15	8.39.9 68*	
	10000	-	-	-	21.16.37 15	21.16.37 15	
69	H65-69	Per Inge Båtnes			OsloMet	1954*04*15	23
	500	53.38	20230111 Fr	50.03 19	48.92 17	47.35 17*	
	1000	1.48.55	20230111 Fr	1.45.41 20	1.45.41 20	1.33.43 17*	
	1500	2.51.75	20221214 Fr	2.30.60 19	2.30.16 19	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	
29	H16-39	Clement Chaduc			Texas Instruments	1994*01*19	23
	500	45.37	20230215 Fr	42.68 20	42.68 20	42.04 20*	
	1000	-	-	1.24.61 20	1.24.61 20	1.24.61 20	
	1500	2.15.44	20230201 Fr	2.06.01 20	2.06.01 20	2.04.88 20*	
	3000	4.38.64	20230215 Fr	4.21.34 19	4.21.34 19	4.21.34 19	
	5000	8.06.16	20230125 Fr	7.24.08 19	7.24.08 19	7.12.56 20*	
	10000	15.58.80	20221221 Fr	15.27.87 20	15.27.87 20	14.49.40 19*	
67	H65-69	Ivar Dahl			NIVA	1955*07*25	23
	500	54.96	20230201 Fr	56.02 22	41.9 00	41.0 94*	
	1000	2.02.23	20230111 Fr	-	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	
72	H70-74	Terje Erfjord			Statnett	1951*06*21	23
	500	55.34	20230111 Fr	53.44 22	44.3 95	43.5 87*	
	1000	1.51.60	20230111 Fr	1.48.66 22	1.29.1 94	1.27.7 89*	
	1500	2.53.73	20221214 Fr	2.41.46 22	2.15.5 01	2.10.6 89*	
	3000	5.56.39	20230215 Fr	5.33.21 22	4.40.0 02	4.31.0 94*	
	5000	10.07.87	20230125 Fr	9.52.04 22	8.04.4 95	7.48.95 02*	
	10000	-	-	21.53.39 22	16.08.9 93	16.08.9 93	

64	K	Sara Hemmer				Kuben			1959*03*25	23
	500	1.02.30	20230215	Fr	59.04	19	56.28	13	55.5	12*
	1000			-	2.03.76	22	1.52.88	13	1.52.88	13
	1500	3.13.90	20230222	Fr	2.48.85	19	2.43.50	12	2.43.50	12
	3000	6.06.72	20230215	Fr	5.43.07	19	5.43.07	19	5.43.07	19
	5000	11.13.38	20230222	Fr	9.39.65	19	9.39.65	19	9.22.37	19*
	10000	20.38.76	20221221	Fr	20.26.09	22	20.08.10	13	19.11.29	13*
65	H65-69	Iver Johansen				FFI			1958*02*10	23
	500	50.81	20230111	Fr	47.64	18	43.1	00	42.81	99*
	1000	1.42.06	20230111	Fr	1.39.28	20	1.27.9	00	1.25.48	06*
	1500	2.33.50	20230201	Fr	2.26.99	18	2.14.1	02	2.11.42	02*
	3000	5.23.92	20230215	Fr	4.56.76	18	4.47.7	00	4.35.38	02*
	5000	9.39.20	20230222	Fr	8.27.39	18	8.19.6	02	7.59.85	02*
	10000	18.44.48	20221221	Fr	18.12.80	20	17.19.4	93	16.37.85	07*
53	H50-59	Nils Juell				Geodata			1970*05*30	23
	500	50.04	20230215	Fr	47.25	20	47.25	20	47.23	19*
	1000			-	1.37.41	20	1.37.41	20	1.37.41	20
	1500	2.40.55	20230222	Fr	2.28.45	20	2.28.45	20	2.24.10	20*
	3000	5.26.84	20230215	Fr	5.09.82	20	5.09.82	20	5.03.79	20*
	5000	9.27.54	20230125	Fr	9.17.11	20	9.17.11	20	8.54.91	19*
	10000			-		-	20.06.63	19	19.27.29	22*
29	H16-39	Erik Aske Kolstad				VEO			1994*02*01	23
	500	51.40	20230215	Fr	50.84	20	50.84	20	50.84	20
	1000			-	2.03.07	18	2.03.07	18	2.03.07	18
	1500	2.44.17	20230222	Fr	2.46.30	22	2.51.00	20	2.44.17	23
	3000	5.31.05	20230215	Fr	5.52.67	20	5.52.67	20	5.31.05	23
	5000	9.21.32	20230125	Fr		-		-	9.21.32	23
	10000			-		-		-		-
31	H16-39	Morten Aske Kolstad				Bekk			1992*05*05	23
	500			-	42.41	19	42.41	19	41.07	19*
	1000			-	1.26.73	19	1.26.73	19	1.22.37	18*
	1500	2.23.80	20230201	Fr	2.13.06	18	2.13.06	18	2.05.91	19*
	3000			-	4.48.62	18	4.48.62	18	4.30.54	19*
	5000	8.47.22	20230125	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*
60	H60-64	Snorre Kverndokk				Frischsenteret			1962*12*24	23
	500			-		-		-	47.8	84*
	1000			-		-		-	1.38.5	82*
	1500	2.48.96	20230222	Fr		-		-	2.27.37	19*
	3000			-		-		-	5.13.69	19*
	5000	10.17.54	20230222	Fr		-		-	8.27.28	19*
	10000			-		-		-	17.18.99	19*
39	H16-39	Martin Grothe Lien				Bygganalyse			1983*07*06	23
	500	46.21	20230215	Fr	45.19	18	45.19	18	45.18	18*
	1000			-	1.31.23	18	1.31.23	18	1.31.23	18
	1500	2.26.22	20221214	Fr	2.18.18	22	2.19.49	18	2.14.30	18*
	3000	5.05.95	20230215	Fr	4.51.79	18	4.51.79	18	4.44.66	19*
	5000	9.15.00	20230222	Fr	8.29.62	19	8.29.62	19	8.18.80	18*
	10000	18.01.41	20221221	Fr	18.00.31	18	18.00.31	18	18.00.31	18

81	H80-84	Magnar Lundberg				LKS		1942*04*15	23
	500	57.93	20230201	Fr	54.12	22	45.0	73	45.0 73
	1000	2.01.23	20230111	Fr	1.52.47	22	1.35.7	71	1.35.7 71
	1500	2.56.77	20230201	Fr	2.51.28	22	2.29.1	70	2.29.1 70
	3000	6.21.94	20230215	Fr	5.55.76	22	5.31.4	72	5.23.51 18*
	5000	10.44.63	20230125	Fr	10.31.18	22	9.36.98	17	9.05.76 17*
	10000		-				19.14.77	17	18.45.30 16*
64	H60-64	Ole Løland					ASSA ABLOY	1959*03*16	23
	500	54.53	20221214	Fr	53.42	22	53.42	22	53.26 22*
	1000	1.53.64	20230111	Fr	1.49.64	22	1.49.64	22	1.49.64 22
	1500	2.49.83	20230201	Fr	2.48.96	22	2.48.96	22	2.40.44 22*
	3000	5.59.97	20230215	Fr	5.40.91	22	5.40.91	22	5.40.91 22
	5000	10.11.03	20230125	Fr	9.44.12	22	9.44.12	22	9.34.47 22*
	10000		-		21.00.70	22	21.00.70	22	19.49.42 22*
31	H16-39	Emil Nielsen					ECN-Coaching	1991*10*31	23
	500	44.78	20230215	Fr	-		-		41.21 19*
	1000		-		-		-		1.23.89 18*
	1500		-		-		-		2.06.96 18*
	3000	4.55.95	20230215	Fr	-		-		4.34.86 16*
	5000	8.30.12	20230125	Fr	-		-		8.09.08 21*
	10000		-		-		-		-
34	H16-39	Halvor Eid Nielsen					Tine	1989*02*27	23
	500	52.07	20230215	Fr	-		-		51.08 19*
	1000		-		-		-		-
	1500	2.34.25	20230222	Fr	-		-		2.34.25 23
	3000	5.20.20	20230215	Fr	-		-		5.20.20 23
	5000	9.10.15	20230222	Fr	-		-		9.10.15 23
	10000		-		-		-		-
29	H16-39	Simen Eid Nielsen					Sweco	1994*04*27	23
	500	48.26	20230215	Fr	-		-		48.26 23
	1000		-		-		-		-
	1500	2.29.77	20230222	Fr	-		-		2.29.77 23
	3000	5.04.54	20230215	Fr	-		-		5.04.54 23
	5000	9.02.45	20230125	Fr	-		-		9.02.45 23
	10000		-		-		-		-
52	H50-59	Ole Martin Nodenes					Sikt/Unit(*)	1971*01*31	23
	500	51.92	20230201	Fr	52.16	22	50.85	20	50.85 20
	1000	1.51.39	20230111	Fr	1.49.57	22	1.49.57	22	1.49.57 22
	1500	2.49.42	20230201	Fr	2.43.74	22	2.43.74	22	2.43.72 22*
	3000	6.10.39	20230208	Fr	5.40.75	22	5.40.75	22	5.40.75 22
	5000	10.10.95	20230125	Fr	9.50.25	22	9.50.25	22	9.49.78 22*
	10000		-		20.59.45	22	20.59.45	22	20.59.45 22
40	H40-49	Jostein Nørbech					Prodecon	1983*06*20	23
	500	46.92	20230215	Fr	46.00	17	46.00	17	45.81 19*
	1000		-		1.38.98	18	1.38.98	18	1.38.98 18
	1500	2.24.97	20230222	Fr	2.17.49	17	2.17.49	17	2.12.27 18*
	3000	4.53.15	20230215	Fr	4.42.17	17	4.42.17	17	4.28.96 19*
	5000	8.49.85	20230222	Fr	8.00.96	17	8.00.96	17	8.00.96 17
	10000		-		16.33.31	17	16.33.31	17	15.54.80 18*

71	H70-74	Stein Opdahl				SSB		1952*03*01	23	
	500	55.87	20230201	Fr	55.14	22	46.5	01	46.5	01
	1000			-	1.51.43	22	1.34.5	04	1.33.71	03*
	1500	2.57.72	20230201	Fr	3.01.16	22	2.24.5	02	2.21.07	03*
	3000	6.46.94	20230208	Fr	6.18.47	22	5.02.4	02	4.57.39	02*
	5000	11.26.38	20230125	Fr			8.47.1	00	8.36.77	03*
	10000			-			18.12.2	04	17.36.55	03*
62	H60-64	Espen Riktor					Riktorsoft	1961*05*16	23	
	500			-	55.68	22	52.10	19	51.35	15*
	1000			-	1.51.92	22	1.45.42	18	1.45.42	18
	1500			-	2.44.34	22	2.35.63	17	2.29.39	15*
	3000			-	5.34.53	22	5.18.64	16	5.13.58	20*
	5000			-	9.47.34	22	9.08.63	15	8.49.61	18*
	10000	20.34.40	20221221	Fr	20.36.34	22	19.19.84	19	18.12.34	15*
55	K	Marit D Riktor					Ahus	1967*11*11	23	
	500	1.16.36	20230215	Fr	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	7.58.85	20230215	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*
62	H60-64	Torgeir Arne Rundsveen					Rundsveen	1961*02*21	23	
	500	53.26	20230215	Fr	51.84	22	51.39	20	43.3	90*
	1000	1.50.13	20230111	Fr	1.45.78	22	1.45.78	22	1.26.8	90*
	1500	2.52.75	20230201	Fr	2.42.09	22	2.42.09	22	2.13.9	89*
	3000	6.09.34	20230215	Fr	5.40.72	22	5.40.72	22	4.46.0	90*
	5000	10.14.76	20230125	Fr			10.17.46	20	8.11.1	90*
	10000			-					17.24.4	90*
52	H50-59	Øyvind Skarholt					Norsk Byggtjen.	1970*11*01	23	
	500	49.92	20230215	Fr	50.15	22	48.83	18	48.25	18*
	1000			-						
	1500	2.34.17	20230201	Fr	2.36.43	22	2.29.07	18	2.23.22	18*
	3000	5.38.75	20230215	Fr	5.26.17	22	5.13.89	18	5.10.28	18*
	5000	9.34.18	20230125	Fr			9.06.88	17	8.43.77	18*
	10000			-			18.44.27	17	18.44.27	17
64	H60-64	Vidar Skripeland					Skripeland Cons.	1959*05*26	23	
	500			-			49.87	14	47.41	16*
	1000			-						
	1500			-					2.19.49	19*
	3000	5.23.94	20230208	Fr			5.14.09	16	4.45.03	16*
	5000	8.46.33	20230125	Fr	8.35.60	22	8.19.04	19	7.46.16	17*
	10000	18.34.02	20221221	Fr	18.07.57	22	16.40.67	16	15.48.15	17*
68	H65-69	Arne Stenhaug					ABC Matter	1955*06*16	23	
	500	50.74	20230201	Fr	47.58	20	41.9	07	41.21	09*
	1000			-	1.42.98	20	1.25.5	03	1.21.98	10*
	1500	2.41.76	20230201	Fr	2.38.78	22	2.13.5	06	2.03.45	07*
	3000			-	5.27.58	22	4.37.6	06	4.23.55	07*
	5000			-	9.29.51	22	8.11.8	08	7.38.80	07*
	10000			-			16.53.7	06	16.16.06	07*

67	H65-69	Per Gunnar Stensvaag			SAS		1956*05*18	23		
	500	50.82	20230215	Fr	48.62	22	44.6	05	43.63	04*
	1000	1.56.46	20230111	Fr	1.40.60	22	1.42.20	20	1.27.71	13*
	1500			-		-	2.27.0	03	2.12.5	06*
	3000	5.54.74	20230215	Fr		-	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*
31	H16-39	Håvard Straumsnes			Allergot Ungd.sk.		1991*12*07	23		
	500	46.81	20230111	Fr	46.73	22	46.73	22	45.64	23*
	1000	1.36.49	20230111	Fr	1.37.91	22	1.37.91	22	1.36.49	23
	1500			-	2.18.47	22	2.18.47	22	2.16.63	23*
	3000	4.54.27	20230215	Fr	4.54.55	22	4.54.55	22	4.42.21	23*
	5000	8.27.14	20230125	Fr	8.25.70	22	8.25.70	22	7.59.46	22*
	10000	17.39.61	20221221	Fr	17.45.86	22	17.45.86	22	16.55.79	23*
51	H50-59	Erik Thorstensen			OsloMet		1972*03*14	23		
	500	1.01.42	20230111	Fr		-	56.16	20	56.16	20
	1000	2.06.62	20230111	Fr		-	1.53.25	20	1.53.25	20
	1500			-		-	2.53.79	20	2.53.79	20
	3000			-		-	5.58.69	20	5.58.69	20
	5000	11.31.21	20230125	Fr		-	10.10.53	20	10.10.53	20
	10000			-		-	21.38.45	20	21.38.45	20
72	H70-74	Erik Vea			Erik Vea Events		1951*06*11	23		
	500	49.73	20230201	Fr	48.34	22	41.6	91	40.02	78*
	1000	1.41.29	20230111	Fr	1.38.73	22	1.25.8	07	1.20.8	79*
	1500	2.28.29	20230201	Fr	2.30.93	22	2.05.0	92	2.00.44	80*
	3000	5.21.84	20230215	Fr	5.03.49	22	4.29.5	91	4.12.40	04*
	5000	8.48.39	20230125	Fr	8.49.19	22	8.05.3	10	7.20.85	04*
	10000	18.31.93	20221221	Fr		-	18.27.41	19	15.34.5	78*
72	H70-74	Øivind Øiseth (Andersen)			Katalogforl.		1951*04*05	23		
	500	52.21	20230215	Fr	51.31	22	43.2	90	42.1	81*
	1000	1.45.72	20230111	Fr	1.44.46	22	1.25.9	90	1.23.5	89*
	1500	2.45.71	20221214	Fr	2.35.13	22	2.10.7	90	2.06.7	89*
	3000	5.23.04	20230215	Fr	5.16.36	22	4.36.7	89	4.30.9	93*
	5000	9.06.06	20230125	Fr	9.13.46	22	8.03.9	87	7.40.91	02*
	10000	19.11.31	20221221	Fr		-	15.57.9	93	15.57.9	93