

Kun deltagere 1984/1985 - dato

Klasse	Navn	Bedrift	Født	sist
2023/24	Beste OBIK-løp sesongen 2023/24	<u>alderskl.best</u> OBIK-beste før sesongen før sesongen	Pers. rek. (*=ikke OBIK) ses.	reg. ses.
67 H65-69	Pål Agdestein	Agdestein osv	1957*05*26	24
500	51.65 20231122 Fr	48.71 22 41.1 05	40.3 93*	
1000	-	1.41.53 23 1.21.9 99	1.20.8 00*	
1500	-	2.24.01 22 2.06.6 00	2.02.59 11*	
3000	-	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*	
41 H40-49	Terje Alstad	NTB	1982*10*10	24
500	-	- -	-	
1000	-	- -	-	
1500	4.08.23 20240306 VH	- -	4.08.23 24	
3000	-	- -	-	
5000	-	- -	-	
10000	-	- -	-	
38 H16-39	Morten Arnstad	Ahus	1985*10*17	24
500	-	- -	-	
1000	-	- -	-	
1500	4.30.44 20240306 VH	- -	4.30.44 24	
3000	-	- -	-	
5000	-	- -	-	
10000	-	- -	-	
63 H60-64	Kjetil Narum Bakken	MT Cargoscan	1960*10*12	24
500	51.13 20240214 VH	49.31 22 44.74 12	43.80 09*	
1000	1.48.88 20240213 VH	1.40.50 22 1.31.2 09	1.27.29 11*	
1500	2.46.80 20240228 VH	2.38.30 22 2.18.5 04	2.11.29 07*	
3000	5.40.74 20240306 VH	5.25.27 22 4.43.99 11	4.34.22 11*	
5000	9.57.35 20240221 VH	9.25.55 22 8.05.9 09	7.47.23 11*	
10000	-	- 16.53.08 16	16.12.69 08*	
76 H75-79	Geir Brunsvik	Oslo-Lærerne	1948*02*26	24
500	56.88 20231122 Fr	53.59 19 43.6 80	42.5 68*	
1000	2.04.42 20240213 VH	1.50.03 18 1.31.5 80	1.31.1 80*	
1500	3.03.90 20240228 VH	2.48.67 18 2.28.3 80	2.16.1 68*	
3000	6.32.31 20240306 VH	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	
70 H70-74	Per Inge Båtnes	OsloMet	1954*04*15	24
500	52.86 20231122 Fr	- 48.92 17	47.35 17*	
1000	-	- 1.45.41 20	1.33.43 17*	
1500	-	- 2.30.16 19	2.21.76 17*	
3000	-	- 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	

68	H65-69	Ivar Dahl				NIVA		1955*07*25	24
	500	1.25.14f	20231213	Fr	54.96	23	41.9	00	41.0 94*
	1000			-	2.02.23	23	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
35	H16-39	Roald Eidsheim					Bymiljøetaten	1988*08*26	24
	500	45.12	20240306	VH		-		-	38.01 09*
	1000			-		-		-	1.14.68 09*
	1500			-		-		-	1.55.46 09*
	3000			-		-		-	4.02.90 08*
	5000			-		-		-	6.45.06 09*
	10000			-		-		-	14.16.96 09*
73	H70-74	Terje Erfjord					Statnett	1951*06*21	24
	500	54.27	20231122	Fr	53.44	22	44.3	95	43.5 87*
	1000	1.52.33	20240110	Fr	1.48.66	22	1.29.1	94	1.27.7 89*
	1500	2.48.20	20240228	VH	2.41.46	22	2.15.5	01	2.10.6 89*
	3000	5.43.45	20210124	Fr	5.33.21	22	4.40.0	02	4.31.0 94*
	5000	10.01.72	20240131	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
62	H60-64	Dag Øivind Eriksen					OPIL	1961*08*22	24
	500	49.05	20231122	Fr	47.87	23	48.33	22	47.52 23*
	1000			-	1.42.20	22	1.42.20	22	1.42.20 22
	1500	2.45.07	20240207	Fr	2.39.78	23	2.50.76	22	2.37.77 23*
	3000	5.45.73	20210124	Fr	5.26.71	22	5.26.71	22	5.26.71 22
	5000	9.57.61	20240131	Fr	9.17.16	22	9.17.16	22	9.17.16 22
	10000			-		-		-	-
66	H65-69	Lars Petter Ernø					Dørstokkmila.no	1958*02*22	24
	500			-		-	55.42	14	53.7 12*
	1000			-		-		-	-
	1500			-		-	2.45.94	13	2.42.8 12*
	3000	6.20.35	20231129	Fr		-	5.32.54	15	5.32.54 15
	5000			-		-	9.30.22	13	9.25.2 12*
	10000			-		-	19.00.40	15	19.00.40 15
52	H50-59	Bjørn Fjeldstad					GE HealthCare	1972*03*27	24
	500	54.70	20240220	VH	58.81	23		-	44.7 90*
	1000			-		-		-	1.31.7 90*
	1500	2.45.43	20240221	VH	2.55.01	23		-	2.27.7 95*
	3000	5.58.55	20240220	VH		-		-	4.59.57 94*
	5000	10.32.69	20240221	VH	10.41.03	23		-	8.54.92 94*
	10000			-		-		-	19.30.48 94*

50	H50-59	Gard Skoe Fredriksen				EBY		1973*10*04	24
	500	-	-	-	-	-	-	45.98 15*	
	1000	-	-	-	-	1.42.69 12	-	1.33.5 05*	
	1500	-	-	-	-	2.17.47 17	-	2.17.47 17	
	3000	5.32.07	20231129	Fr	-	5.08.75 15	-	4.58.19 08*	
	5000	-	-	-	-	8.22.65 17	-	8.22.65 17	
	10000	-	-	-	-	19.29.02 22	-	18.21.21 17*	
59	H50-59	Tord S Fredriksen				Space Norway AS		1965*05*20	24
	500	1.00.37	20240220	VH	57.70 17	57.70 17	-	54.74 17*	
	1000	-	-	-	-	-	-	-	
	1500	3.03.38	20240221	VH	2.55.99 22	2.55.99 22	-	2.42.67 18*	
	3000	6.10.12	20240220	VH	5.41.27 17	5.41.27 17	-	5.37.68 18*	
	5000	10.21.70	20240221	VH	9.41.63 17	9.41.63 17	-	9.00.45 18*	
	10000	21.25.93	20240306	VH	19.34.32 20	19.34.32 20	-	18.27.66 18*	
70	H70-74	Erik Gunnerød				Oslo Taxi		1953*09*14	24
	500	53.70	20231122	Fr	-	43.3 96	-	40.6 79*	
	1000	1.55.14	20240110	Fr	-	1.30.6 01	-	1.26.4 77*	
	1500	3.07.42	20240207	Fr	-	2.17.2 95	-	2.16.63 01*	
	3000	-	-	-	-	4.56.5 00	-	4.50.14 00*	
	5000	-	-	-	-	8.54.6 99	-	8.27.8 00*	
	10000	-	-	-	-	19.13.3 99	-	18.47.1 00*	
37	H16-39	Oscar Halsen				Shala Partners		1987*06*16	24
	500	-	-	-	-	-	-	-	
	1000	-	-	-	-	-	-	-	
	1500	3.24.67	20240306	VH	-	-	-	3.24.67 24	
	3000	-	-	-	-	-	-	-	
	5000	-	-	-	-	-	-	-	
	10000	-	-	-	-	-	-	-	
71	H70-74	Alf Harbitz				Havforsk.		1952*07*20	24
	500	-	-	-	-	49.27 11	-	44.72 15*	
	1000	-	-	-	-	-	-	1.28.97 13*	
	1500	-	-	-	-	2.37.64 11	-	2.17.64 11*	
	3000	5.38.48	20240220	VH	-	-	-	4.49.12 13*	
	5000	9.42.87	20240221	VH	-	9.06.2 10	-	12*	
	10000	-	-	-	-	-	-	17.15.75 13*	
36	H16-39	Andreas Haugerud				Sykeh Innlandet		1987*07*21	24
	500	46.23	20240207	Fr	42.32 16	42.32 16	-	41.82 16*	
	1000	-	-	-	1.23.71 16	1.23.71 16	-	1.22.33 18*	
	1500	2.18.81	20240207	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	-	-	-	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*	

48	H40-49	Anders Hauglund					Finanstilsynet	1976*01*04	24	
	500	50.98	20240306	VH	-	42.5	00	39.6	94*	
	1000			-	-	1.30.4	02	1.19.5	94*	
	1500	2.38.07	20240306	VH	-	2.15.8	00	2.01.7	94*	
	3000			-	-		-	4.22.8	94*	
	5000			-	-		-	7.35.7	94*	
	10000			-	-		-		-	
65	K	Sara Hemmer					Kuben	1959*03*25	24	
	500	1.05.37	20240214	VH	59.04	19	56.28	13	55.5	12*
	1000	2.07.12	20240214	VH	2.03.76	22	1.52.88	13	1.52.88	13
	1500	3.11.21	20240221	VH	2.48.85	19	2.43.50	12	2.43.50	12
	3000	6.16.11	20240220	VH	5.43.07	19	5.43.07	19	5.43.07	19
	5000	10.30.80	20240306	VH	9.39.65	19	9.39.65	19	9.22.37	19*
	10000	21.49.56	20240131	Fr	20.26.09	22	20.08.10	13	19.11.29	13*
66	H65-69	Iver Johansen					FFI	1958*02*10	24	
	500	52.32	20231206	Fr	47.64	18	43.1	00	42.81	99*
	1000			-	1.39.28	20	1.27.9	00	1.25.48	06*
	1500	2.41.01	20231206	Fr	2.26.99	18	2.14.1	02	2.11.42	02*
	3000	5.19.65	20231213	Fr	4.56.76	18	4.47.7	00	4.35.38	02*
	5000	9.58.49	20240131	Fr	8.27.39	18	8.19.6	02	7.59.85	02*
	10000	20.00.14	20240306	VH	18.12.80	20	17.19.4	93	16.37.85	07*
30	H16-39	Erik Aske Kolstad					VEO	1994*02*01	24	
	500			-	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	23	2.44.17	23	2.44.17	23
	3000	5.27.66	20231129	Fr	5.31.05	23	5.31.05	23	5.27.66	24
	5000			-	9.21.32	23	9.21.32	23	9.21.32	23
	10000	19.27.45	20240131	Fr		-		-	19.27.45	24
32	H16-39	Morten Aske Kolstad					Bekk	1992*05*05	24	
	500	51.94	20240220	VH	42.41	19	42.41	19	41.07	19*
	1000			-	1.26.73	19	1.26.73	19	1.22.37	18*
	1500			-	2.13.06	18	2.13.06	18	2.05.91	19*
	3000	5.03.05	20240220	VH	4.48.62	18	4.48.62	18	4.30.54	19*
	5000			-	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*
61	H60-64	Snorre Kverndokk					Frischsenteret	1962*12*24	24	
	500	53.48	20240207	Fr		-		-	47.8	84*
	1000			-		-		-	1.38.5	82*
	1500	2.42.32	20240207	Fr	2.48.96	23	2.48.96	23	2.27.37	19*
	3000	5.32.52	20240220	VH		-		-	5.13.69	19*
	5000			-	10.17.54	23	10.17.54	23	8.27.28	19*
	10000			-		-		-	17.18.99	19*

35	H16-39	Nils Landsverk				Oslo Met		1988*07*31	24	
	500		-		-		-		-	
	1000		-		-		-		-	
	1500	3.37.58	20240306	VH			-	3.37.58	24	
	3000		-		-		-		-	
	5000		-		-		-		-	
	10000		-		-		-		-	
62	H60-64	Ole Kjell Langmyren				Gabler		1961*08*03	24	
	500	58.66	20240220	VH	58.53	22	58.20	20	58.20	20
	1000		-				2.01.11	20	2.01.11	20
	1500	2.53.60	20240228	VH	3.00.57	22	2.54.11	20	2.53.60	24
	3000	5.56.79	20240220	VH	5.59.26	22	5.57.72	20	5.52.57	24*
	5000	10.34.14	20240221	VH	10.18.42	22	10.01.80	20	9.59.56	24*
	10000		-		21.14.86	22		-	21.14.86	22
38	H16-39	Bjørnar Lemvik					Kirkens Nødhjelp	1985*11*22	24	
	500		-		-			-	-	
	1000		-		-			-	-	
	1500	3.44.83	20240306	VH				-	3.44.83	24
	3000		-		-			-	-	
	5000		-		-			-	-	
	10000		-		-			-	-	
40	H40-49	Martin Grothe Lien					Bygganalyse	1983*07*06	24	
	500	47.67	20210124	Fr			45.19	18	45.18	18*
	1000	1.37.35	20240110	Fr			1.31.23	18	1.31.23	18
	1500	2.29.15	20240221	VH			2.18.18	22	2.14.30	18*
	3000	5.18.51	20210124	Fr			4.51.79	18	4.44.66	19*
	5000	9.16.39	20231213	Fr			8.29.62	19	8.18.80	18*
	10000	19.05.84	20240131	Fr			18.00.31	18	18.00.31	18
82	H80-84	Magnar Lundberg					LKS	1942*04*15	24	
	500	58.05	20231122	Fr	54.12	22	45.0	73	45.0	73
	1000	2.04.42	20240213	VH	1.52.47	22	1.35.7	71	1.35.7	71
	1500	3.04.37	20231206	Fr	2.51.28	22	2.29.1	70	2.29.1	70
	3000	6.17.89	20240306	VH	5.55.76	22	5.31.4	72	5.23.51	18*
	5000	11.16.12	20240221	VH	10.31.18	22	9.36.98	17	9.05.76	17*
	10000		-				19.14.77	17	18.45.30	16*
63	H60-64	Knut Arild Løberg					Vålerenga	1960*07*31	24	
	500	1.04.77	20240214	VH				-	1.04.77	24
	1000	2.29.76	20240214	VH				-	2.29.76	24
	1500		-		-			-	-	
	3000		-		-			-	-	
	5000		-		-			-	-	
	10000		-		-			-	-	

36	H16-39	Morten Andreas Løchen				Oslo Kommune		1988*06*05	24	
	500	-	-	-	-	-	-	-	-	
	1000	-	-	-	-	-	-	-	-	
	1500	3.22.68	20240306	VH	-	-	-	3.22.68	24	
	3000	-	-	-	-	-	-	-	-	
	5000	-	-	-	-	-	-	-	-	
	10000	-	-	-	-	-	-	-	-	
65	H65-69	Ole Løland				ASSA ABLOY		1959*03*16	24	
	500	55.39	20240110	Fr	-	53.42	22	51.54	24*	
	1000	1.48.47	20240213	VH	-	1.49.64	22	1.44.63	24*	
	1500	2.54.39	20231206	Fr	-	2.48.96	22	2.39.04	24*	
	3000	6.11.61	20231129	Fr	-	5.40.91	22	5.35.93	24*	
	5000	-	-	-	-	9.44.12	22	9.34.47	22*	
	10000	-	-	-	-	21.00.70	22	19.49.42	22*	
30	H16-39	Clement Chaduc Mjelstad				Texas Instruments		1994*01*19	24	
	500	44.89	20240220	VH	42.68	20	42.68	20	42.04	20*
	1000	1.31.14	20240110	Fr	1.24.61	20	1.24.61	20	1.24.61	20
	1500	2.15.12	20231206	Fr	2.06.01	20	2.06.01	20	2.04.88	20*
	3000	4.34.52	20240220	VH	4.21.34	19	4.21.34	19	4.21.34	19
	5000	7.48.29	20240221	VH	7.24.08	19	7.24.08	19	7.12.56	20*
	10000	16.42.89	20240131	Fr	15.27.87	20	15.27.87	20	14.49.40	19*
32	H16-39	Emil Nielsen				ECN-Coaching		1991*10*31	24	
	500	-	-	-	44.78	23	44.78	23	41.21	19*
	1000	-	-	-	-	-	-	-	1.23.89	18*
	1500	-	-	-	2.20.30	19	2.20.30	19	2.06.96	18*
	3000	5.15.98	20231129	Fr	4.55.95	23	4.55.95	23	4.34.86	16*
	5000	-	-	-	8.30.12	23	8.30.12	23	8.09.08	21*
	10000	-	-	-	-	-	-	-	-	-
58	H50-59	Ivar Njøs				Norfo		1965*10*22	24	
	500	41.58	20231122	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	-	-	-	-	-	-	-	-	-
53	H50-59	Ole Martin Nodenes				Sikt		1971*01*31	24	
	500	52.34	20240220	VH	51.92	23	50.85	20	50.85	20
	1000	1.51.94	20240213	VH	1.49.57	22	1.49.57	22	1.49.57	22
	1500	2.52.03	20240221	VH	2.43.74	22	2.43.74	22	2.43.72	22*
	3000	5.53.10	20240220	VH	5.40.75	22	5.40.75	22	5.40.75	22
	5000	9.52.94	20240306	VH	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

72	H70-74	Stein Opdahl				SSB		1952*03*01	24
	500	57.69	20240214	VH	55.14	22	46.5	01	46.5 01
	1000	1.58.40	20240213	VH	1.51.43	22	1.34.5	04	1.33.71 03*
	1500	3.16.08	20240207	Fr	2.57.72	23	2.24.5	02	2.21.07 03*
	3000		-		6.18.47	22	5.02.4	02	4.57.39 02*
	5000		-		11.26.38	23	8.47.1	00	8.36.77 03*
	10000		-			-	18.12.2	04	17.36.55 03*
63	H60-64	Espen Riktor				Riktorsoft		1961*05*16	24
	500	56.42	20240228	VH	55.68	22	52.10	19	51.35 15*
	1000	1.50.53	20240214	VH	1.51.92	22	1.45.42	18	1.45.42 18
	1500	2.45.98	20240228	VH	2.44.34	22	2.35.63	17	2.29.39 15*
	3000	5.40.33	20240220	VH	5.34.53	22	5.18.64	16	5.13.58 20*
	5000	10.01.04	20240221	VH	9.47.34	22	9.08.63	15	8.49.61 18*
	10000	20.11.80	20240131	Fr	20.34.40	23	19.19.84	19	18.12.34 15*
56	K	Marit D Riktor				Ahus		1967*11*11	24
	500	1.13.94	20240220	VH	1.13.12	19	1.13.12	19	1.06.4 09*
	1000	2.33.26	20240213	VH		-	3.00.3	95	2.19.84 24*
	1500	3.41.99	20240221	VH	3.52.84	18	3.52.84	18	3.20.4 09*
	3000	7.33.99	20240306	VH	7.32.75	18	7.32.75	18	7.12.80 14*
	5000	12.58.48	20240221	VH	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*
53	H50-59	Øyvind Skarholt				Compass HRG		1970*11*01	24
	500	49.44	20240220	VH	49.92	23	48.83	18	48.25 18*
	1000	1.42.95	20240213	VH				-	1.42.95 24
	1500	2.36.28	20240221	VH	2.34.17	23	2.29.07	18	2.23.22 18*
	3000	5.36.09	20240220	VH	5.26.17	22	5.13.89	18	5.10.28 18*
	5000	9.36.87	20240221	VH	9.34.18	23	9.06.88	17	8.43.77 18*
	10000		-			-	18.44.27	17	18.44.27 17
65	H65-69	Vidar Skripeland				Skripeland Cons.		1959*05*26	24
	500		-			-	49.87	14	47.41 16*
	1000		-			-		-	-
	1500		-			-		-	2.19.49 19*
	3000		-			-	5.14.09	16	4.45.03 16*
	5000	8.53.23	20240306	VH		-	8.19.04	19	7.46.16 17*
	10000	19.29.78f	20240131	Fr		-	16.40.67	16	15.48.15 17*
66	H65-69	John K Solem				DNB		1957*07*11	24
	500	55.34	20240110	Fr		-	48.0	08	47.89 08*
	1000	2.28.81f	20240110	Fr		-	1.37.9	10	1.37.47 11*
	1500	2.59.21	20240207	Fr		-	2.28.9	10	2.25.19 08*
	3000		-			-	5.13.3	08	5.05.36 10*
	5000		-			-	9.19.0	08	8.53.52 08*
	10000		-			-		-	18.36.54 08*

69	H65-69	Arne Stenhaug				NILKAM AS		1955*06*16	24
	500	50.32	20240213	VH	47.58	20	41.9	07	41.21 09*
	1000	1.42.95	20240213	VH	1.42.98	20	1.25.5	03	1.21.98 10*
	1500	2.44.51	20240221	VH	2.38.78	22	2.13.5	06	2.03.45 07*
	3000	5.52.34	20240220	VH	5.27.58	22	4.37.6	06	4.23.55 07*
	5000	10.02.56	20240306	VH	9.29.51	22	8.11.8	08	7.38.80 07*
	10000	-	-	-	-	-	16.53.7	06	16.16.06 07*
68	H65-69	Per Gunnar Stensvaag				SAS		1956*05*18	24
	500	50.96	20231206	Fr	48.62	22	44.6	05	43.63 04*
	1000	-	-	-	1.40.60	22	1.42.20	20	1.27.71 13*
	1500	2.53.12	20231206	Fr	-	-	2.27.0	03	2.12.5 06*
	3000	5.53.34	20210124	Fr	5.54.74	23	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*
32	H16-39	Håvard Straumsnes				Allergot Ungd.sk.	1991*12*07		24
	500	46.49	20231206	Fr	46.73	22	46.73	22	45.51 24*
	1000	1.35.41	20240110	Fr	1.36.49	23	1.37.91	22	1.34.53 24*
	1500	2.24.05	20231206	Fr	2.18.47	22	2.18.47	22	2.16.63 23*
	3000	4.56.29	20210124	Fr	4.54.27	23	4.54.55	22	4.42.21 23*
	5000	8.44.23	20231213	Fr	8.25.70	22	8.25.70	22	7.59.46 22*
	10000	18.21.65	20240306	VH	17.39.61	23	17.45.86	22	16.55.79 23*
32	K	Anette Vala				Bymiljøetaten	1992*02*25		24
	500	1.15.87	20240306	VH	-	-	-	-	1.15.87 24
	1000	-	-	-	-	-	-	-	-
	1500	-	-	-	-	-	-	-	-
	3000	-	-	-	-	-	-	-	-
	5000	-	-	-	-	-	-	-	-
	10000	-	-	-	-	-	-	-	-
73	H70-74	Erik Vea				Erik Vea Events	1951*06*11		24
	500	49.94	20240214	VH	48.34	22	41.6	91	40.02 78*
	1000	1.39.37	20240213	VH	1.38.73	22	1.25.8	07	1.20.8 79*
	1500	2.30.44	20240221	VH	2.28.29	23	2.05.0	92	2.00.44 80*
	3000	5.13.12	20240306	VH	5.03.49	22	4.29.5	91	4.12.40 04*
	5000	9.08.32	20240221	VH	8.48.39	23	8.05.3	10	7.20.85 04*
	10000	-	-	-	18.31.93	23	18.27.41	19	15.34.5 78*
52	H50-59	Sveinung Vea				Skift Gir	1972*05*24		24
	500	48.25	20240220	VH	-	-	45.20	16	45.20 16
	1000	-	-	-	-	-	1.34.10	13	1.28.85 18*
	1500	2.27.25	20240221	VH	-	-	2.18.32	16	2.14.30 16*
	3000	5.35.25	20240220	VH	-	-	4.48.00	13	4.38.86 16*
	5000	8.37.34	20240221	VH	-	-	8.16.31	16	7.59.10 16*
	10000	-	-	-	-	-	16.42.61	17	16.14.26 17*