

Kun deltagere 1984/1985 - dato

Klasse	Navn		Bedrift	Født	sist
2023/24	Beste OBIK-løp		<u>alderskl.best</u> OBIK-beste	Pers. rek.	reg.
	sesongen 2024/25		før sesongen før sesongen	(*=ikke OBIK)	ses.
68	H65-69	Pål Agdestein	Agdestein osv	1957*05*26	25
	500	-	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	9.30.36 20250226 VH	-	7.48.5 99	7.25.09 02*
	10000	-	-	15.44.6 93	15.38.20 15*
51	H50-59	Remi Andersen	Norlandia	1973*07*16	25
	500	47.97 20250108 VH	-	-	45,68 25*
	1000	-	-	-	-
	1500	2.20.60 20250212 VH	-	-	2.10.99 25*
	3000	4.48.61 20250211 VH	-	-	4.22.49 25*
	5000	8.01.01 20250122 VH	-	-	7.28.15 25*
	10000	18.04.78 20241218 VH	-	-	17.10.87 25*
64	H60-64	Eric Askildsen	AFK	1961*06*12	25
	500	48.36 20250211 VH	49.48 22	47.16 17	44.27 19*
	1000	-	-	1.33.76 17	1.33.76 17
	1500	2.26.74 20250212 VH	2.29.97 22	2.29.97 22	2.10.74 20*
	3000	4.57.29 20250205 VH	4.54.01 22	4.54.01 22	4.32.49 20*
	5000	8.32.53 20250212 VH	8.29.29 22	8.29.29 22	7.47.48 20*
	10000	18.04.56 20241218 VH	-	16.11.06 20	15.52.04 20*
26	K(16-39)	Hedda Hulbaklien Bakke	Nydalen VGS	1998*09*13	25
	500	51.67 20250219 VH	-	-	51.67 25
	1000	1.54.41 20250129 VH	-	-	1.54.41 25
	1500	2.43.73 20250305 VH	-	-	2.43.73 25
	3000	5.42.38 20250211 VH	-	-	5.42.38 25
	5000	9.48.24 20250226 VH	-	-	9.48.24 25
	10000	-	-	-	-
64	H60-64	Kjetil Narum Bakken	MT Cargoscan	1960*10*12	25
	500	51.01 20250108 VH	49.31 22	44.74 12	43.80 09*
	1000	1.50.81 20241204 VH	1.40.50 22	1.31.2 09	1.27.29 11*
	1500	2.44.51 20250219 VH	2.38.30 22	2.18.5 04	2.11.29 07*
	3000	5.43.45 20250211 VH	5.25.27 22	4.43.99 11	4.34.22 11*
	5000	9.47.81 20250212 VH	9.25.55 22	8.05.9 09	7.47.23 11*
	10000	-	-	16.53.08 10	16.12.69 08*
42	K(40-49)	Maria Birkeli	Halden Kommune	1982*07*01	25
	500	57.20 20250219 VH	-	-	55.32 25*
	1000	-	-	-	1.47.80 25*
	1500	2.50.96 20250219 VH	-	-	2.42.76 25*
	3000	5.55.18 20250211 VH	-	-	5.32.05 25*
	5000	10.14.58 20250122 VH	-	-	9.55.11 25*
	10000	20.47.76 20241218 VH	-	-	20.47.76 25

24	K(16-39)	Ine Bonthuis				NCMM		2000*11*21	25	
	500	51.61	20241211	VH		-	-	45.23	23*	
	1000	1.44.34	20241204	VH		-	-	1.31.40	23*	
	1500	2.39.45	20241211	VH		-	-	2.16.86	23*	
	3000			-		-	-	4.55.24	23*	
	5000			-		-	-	8.31.07	22*	
	10000			-		-	-		-	
77	H75-79	Geir Brunsvik				Oslo-Lærerne		1948*02*26	25	
	500	1.00.29	20250219	VH	56.88	24	43.6	80	42.5	68*
	1000			-	2.04.42	24	1.31.5	80	1.31.1	80*
	1500	3.08.53	20250226	VH	3.03.90	24	2.28.3	80	2.16.1	68*
	3000	6.33.95	20250205	VH	6.32.31	24	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
71	H70-74	Per Inge Båtnes				OsloMet		1954*04*15	25	
	500	53.06	20241211	VH	52,86	24	48.92	17	47.35	17*
	1000	1.48.57	20250129	VH		-	1.45.41	20	1.33.43	17*
	1500	2.46.33	20250115	VH		-	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
30	K(16-39)	Alice Eid				Triona AS		1994*11*19	25	
	500	1.05.11	20250211	VH		-		-	1.04.44	19*
	1000			-		-		-		-
	1500	3.18.57	20250212	VH		-		-	3.18.57	25
	3000	6.33.68	20250211	VH		-		-	6.33.68	25
	5000	11.28.21	20250212	VH		-		-	11.28.21	25
	10000			-		-		-		-
57	H50-59	Petter Enholm				Snapper		1968*05*09	25	
	500			-		-	44.7	06	43.90	08*
	1000			-		-	1.28.7	10	1.28.7	10
	1500			-		-	2.13.3	10	2.10.09	08*
	3000			-		-	4.34.2	08	4.27.1	08*
	5000	9.12.71	20250122	VH		-	7.53.6	08	7.41.56	10*
	10000			-		-	17.04.5	08	16.02.91	08*
74	H70-74	Terje Erfjord				Statnett		1951*06*21	25	
	500	55.12	20250108	VH	53.44	22	44.3	95	43.5	87*
	1000	1.52.51	20250129	VH	1.48.66	22	1.29.1	94	1.27.7	89*
	1500	2.49.97	20250305	VH	2.41.46	22	2.15.5	01	2.10.6	89*
	3000	5.54.29	20250108	VH	5.33.21	22	4.40.0	02	4.31.0	94*
	5000	10.22.72	20250212	VH	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

63	H60-64	Dag Øivind Eriksen				OPIL		1961*08*22		25
	500	50.54	20241211	VH	47.87	23	48.33	22	47.52	23*
	1000	1.52.28	20241204	VH	1.42.20	22	1.42.20	22	1.42.20	22
	1500	2.47.58	20250212	VH	2.39.78	23	2.50.76	22	2.35.61	25*
	3000	5.53.57	20250226	VH	5.26.71	22	5.26.71	22	5.26.71	22
	5000			-	9.17.16	22	9.17.16	22	9.17.16	22
	10000			-						
67	H65-69	Lars Petter Ernø				Dørstokkmila.no		1958*02*22		25
	500	1.04.97	20241211	VH	-		55.42	14	53.7	12*
	1000	2.09.56	20241204	VH	-				2.09.56	25
	1500	3.20.00	20241211	VH	-		2.45.94	13	2.42.8	12*
	3000	6.17.35	20241127	VH	6.20.35	24	5.32.54	15	5.32.54	15
	5000	10.35.64	20250122	VH	-		9.30.22	13	9.25.2	12*
	10000			-	-		19.00.40	15	19.00.40	15
53	H50-59	Bjørn Fjeldstad				GE HealthCare		1972*03*27		25
	500			-	54.70	24	54.70	24	44.7	90*
	1000			-					1.31.7	90*
	1500			-	2.45.43	24	2.45.43	24	2.27.7	95*
	3000	5.46.10	20250205	VH	5.58.55	24	5.58.55	24	4.59.57	94*
	5000	10.25.10	20250122	VH	10.32.69	24	10.32.69	24	8.54.92	94*
	10000			-					19.30.48	94*
51	H50-59	Gard Skoe Fredriksen				EBY		1973*10*04		25
	500	51.99	20250115	VH	-				45.98	15*
	1000			-			1.42.69	12	1.33.5	05*
	1500	2.38.30	20250115	VH	-		2.17.47	17	2.17.47	17
	3000			-	5.32.07	24	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*
60	H60-64	Tord S Fredriksen				Space Norway AS		1965*05*20		25
	500	1.01.47	20250115	VH	-		57.70	17	54.74	17*
	1000			-						
	1500	3.07.51	20250115	VH	-		2.55.99	22	2.42.67	18*
	3000	6.08.84	20250211	VH	-		5.41.27	17	5.37.68	18*
	5000	10.44.20	20250122	VH	-		9.41.63	17	9.00.45	18*
	10000	21.07.50	20250305	VH	-		19.34.32	20	18.27.66	18*
61	H60-64	Pål-Trygve Gamme				Gamme Gestalt.		1964*06*23		25
	500	56.12	20241204	VH	-				56.12	25
	1000	1.54.83	20241204	VH	-				1.54.83	25
	1500			-						
	3000	5.45.92	20250205	VH	-				5.45	92
	5000			-						
	10000	22.30.26	20241218	VH	-				22.30.26	25

63	H60-64	Jon Gauslaa				Oslo Tinghus		1962*01*10	25	
	500	56.92	20250115	VH	-	45.4	99	44.43	12*	
	1000			-	-	1.29.1	10	1.24.22	11*	
	1500	2.44.14	20250219	VH	-	2.11.51	13	2.04.83	11*	
	3000	5.33.26	20250205	VH	-	4.30.87	13	4.16.43	11*	
	5000	9.51.44	20250226	VH	-	7.41.15	11	7.15.10	11*	
	10000			-	-	15.58.40	12	15.14.26	11*	
72	H70-74	Alf Harbitz				Havforsk.		1952*07*20	25	
	500	52.12	20250129	VH	-	49.27	11	44.72	15*	
	1000	1.47.39	20250129	VH	-		-	1.28.97	13*	
	1500			-	-	2.37.64	11	2.17.64	11*	
	3000			-	5.38.48	24	-	4.49.12	13*	
	5000	10.03.21	20250122	VH	9.42.87	24	9.06.2	10	12*	
	10000			-	-		-	17.15.75	13*	
53	K(50-59)	Marja Haartsen				Haartsen		1972*01*08	25	
	500	56.23	20241211	VH	57.33	22	51.87	14	49.49	14*
	1000			-	2.08.39	22	1.47.6	07	1.37.80	07*
	1500	3.03.90	20241211	VH	3.06.90	22	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
37	H16-39	Andreas Haugerud				Sykeh Innlandet		1987*07*21	25	
	500	45.20	20250108	VH	42.32	16	42.32	16	41.82	16*
	1000	1.32.23	20241204	VH	1.23.71	16	1.23.71	16	1.22.33	18*
	1500	2.16.69	20250219	VH	2.08.03	17	2.08.03	17	2.03.37	16*
	3000	4.46.31	20250108	VH	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*
31	H16-39	Haakon Haugerud				Multiconsult		1993*11*15	25	
	500	49.28	20250129	VH	54.28	23	54.28	23	46.42	25*
	1000	1.35.73	20250129	VH		-		-	1.35.73	25
	1500	2.28.45	20250212	VH	2.42.68	23	2.42.68	23	2.14.67	25*
	3000	5.07.39	20250205	VH	5.43.94	23	5.43.94	23	4.43.98	25*
	5000	8.51.36	20250212	VH	9.30.50	23	9.30.50	23	8.06.65	25*
	10000	18.21.74	20241211	VH	18.47.70	24	18.47.70	24	18.21.74	25
66	K(65-69)	Sara Hemmer				Kuben		1959*03*25	25	
	500	1.05.65	20250108	VH	1.05.37	24	56.28	13	55.5	12*
	1000			-	2.07.12	24	1.52.88	13	1.52.88	13
	1500	3.31.72	20250115	VH	3.11.21	24	2.43.50	12	2.43.50	12
	3000	6.30.47	20241127	VH	6.16.11	24	5.43.07	19	5.43.07	19
	5000	11.52.56	20250122	VH	10.30.80	24	9.39.65	19	9.22.37	19*
	10000	22.32.53	20250305	VH	21.49.56	24	20.08.10	13	19.11.29	13*

48	H40-49	Asier Peña Iturria				Flyktninghjelpen	1977*04*15	25
	500	46.36	20241211	VH	46.44	19	42.2 09	40.33 09*
	1000			-	1.30.24	19	1.22.8 09	1.18.52 09*
	1500	2.20.92	20241211	VH		-	2.10.95 13	1.58.24 08*
	3000	4.55.57	20250226	VH		-	4.46.2 07	4.09.10 08*
	5000	8.12.96	20250212	VH	8.07.13	20	8.07.13 20	6.51.72 09*
	10000			-		-		14.35.06 08*
52	K(50-59)	Renate Jeppsson				Velferdsetaten	1973*04*16	25
	500	49.74	20241211	VH	46.33	20	46.33 20	42.90 07*
	1000			-	1.36.39	20	1.36.39 20	1.24.82 07*
	1500	2.42.81	20241211	VH	2.30.9	16	2.30.9 16	2.12.37 07*
	3000			-		-		4.44.76 11*
	5000			-		-		9.17.70 18*
	10000			-		-		-
67	H65-69	Iver Johansen				FFI	1958*02*10	25
	500	53.28	20241204	VH	50.81	23	43.1 00	42.81 99*
	1000	1.45.95	20241204	VH	1.42.06	23	1.27.9 00	1.25.48 06*
	1500	2.36.73	20241211	VH	2.33.50	23	2.14.1 02	2.11.42 02*
	3000	5.22.45	20250205	VH	5.19.65	24	4.47.7 00	4.35.38 02*
	5000	9.19.16	20250122	VH	9.39.20	23	8.19.6 02	7.59.85 02*
	10000	19.23.46	20250305	VH	18.44.48	23	17.19.4 93	16.37.85 07*
31	H16-39	Erik Aske Kolstad				VEO	1994*02*01	25
	500	52.82	20250211	VH	50.84	20	50.84 20	50.84 20
	1000			-	2.03.07	18	2.03.07 18	2.03.07 18
	1500	2.37.53	20250212	VH	2.44.17	23	2.44.17 23	2.37.53 25
	3000	5.27.44	20250211	VH	5.27.66	24	5.27.66 24	5.27.66 24
	5000	9.25.58	20250212	VH	9.21.32	23	9.21.32 23	9.21.32 23
	10000			-	19.27.45	24	19.27.45 24	19.27.45 24
33	H16-39	Morten Aske Kolstad				Bekk	1992*05*05	25
	500	47.81	20250211	VH	42.41	19	42.41 19	41.07 19*
	1000			-	1.26.73	19	1.26.73 19	1.22.37 18*
	1500	2.23.23	20250212	VH	2.13.06	18	2.13.06 18	2.05.91 19*
	3000	5.01.68	20250211	VH	4.48.62	18	4.48.62 18	4.30.54 19*
	5000	8.49.73	20250212	VH	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*
63	H60-64	Ole Kjell Langmyren				Gabler	1961*08*03	25
	500	59.46	20250108	VH	58.53	22	58.20 20	58.20 20
	1000			-			2.01.11 20	2.01.11 20
	1500	3.04.40	20250115	VH	2.53.60	24	2.53.60 24	2.53.60 24
	3000	6.12.16	20250108	VH	5.56.79	24	5.56.79 24	5.52.57 24*
	5000	10.22.70	20250226	VH	10.18.42	22	10.01.80 20	9.59.56 24*
	10000			-	21.14.86	22	21.14.86 22	21.14.86 22

41	H40-49	Martin Grothe Lien				Bygganalyse		1983*07*06	25	
	500	48.08	20250219	VH	47.67	24	45.19	18	45.18	18*
	1000			-	1.37.35	24	1.31.23	18	1.31.23	18
	1500	2.28.42	20250219	VH	2.29.15	24	2.18.18	22	2.14.30	18*
	3000	5.11.89	20250108	VH	5.18.51	24	4.51.79	18	4.44.66	19*
	5000	9.10.60	20250212	VH	9.16.39	24	8.29.62	19	8.18.80	18*
	10000			-	19.05.84	24	18.00.31	18	18.00.31	18
83	H80-84	Magnar Lundberg				LKS		1942*04*15	25	
	500	1.01.77	20250219	VH	54.12	22	45.0	73	45.0	73
	1000	2.04.48	20241204	VH	1.52.47	22	1.35.7	71	1.35.7	71
	1500	3.04.94	20250226	VH	2.51.28	22	2.29.1	70	2.29.1	70
	3000	6.21.44	20250205	VH	5.55.76	22	5.31.4	72	5.23.51	18*
	5000	11.21.41	20250212	VH	10.31.18	22	9.36.98	17	9.05.76	17*
	10000			-			19.14.77	17	18.45.30	16*
66	H65-69	Ole Løland				ASSA ABLOY		1959*03*16	25	
	500	52.49	20250108	VH	55.39	24	53.42	22	51.54	24*
	1000	1.45.33	20250305	VH	1.48.47	24	1.49.64	22	1.44.63	24*
	1500	2.43.29	20250212	VH	2.54.39	24	2.48.96	22	2.39.04	24*
	3000	5.29.33	20250205	VH	6.11.61	24	5.40.91	22	5.29.33	25
	5000	9.55.55	20250212	VH			9.44.12	22	9.34.47	22*
	10000			-			21.00.70	22	19.49.42	22*
31	H16-39	Simen Eid Nielsen				Sweco		1994*04*27	25	
	500	47.45	20250211	VH	48.26	23	48.26	23	47.45	25
	1000			-						
	1500	2.22.54	20250212	VH	2.29.77	23	2.29.77	23	2.22.54	25
	3000	5.04.54	20250211	VH	5.04.54	23	5.04.54	23	5.04.54	23
	5000	8.44.48	20250212	VH	9.02.45	23	9.02.45	23	8.44.48	25
	10000			-						
54	H50-59	Ole Martin Nodenes				Sikt		1971*01*31	25	
	500	53.85	20241211	VH	51.92	23	50.85	20	50.85	20
	1000	1.58.59	20241204	VH	1.49.57	22	1.49.57	22	1.49.57	22
	1500	2.47.11	20250305	VH	2.43.74	22	2.43.74	22	2.43.72	22*
	3000	5.47.86	20250205	VH	5.40.75	22	5.40.75	22	5.40.75	22
	5000	9.54.86	20250226	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
30	K(16-39)	Kaja Winsnes Nordhagen				Dronninga Landsk.		1995*04*06	25	
	500	1.06.38	20250211	VH					1.06.38	25
	1000			-						
	1500	3.20.20	20250212	VH					3.20.20	25
	3000	6.40.10	20250211	VH					6.40.10	25
	5000	11.01.85	20250212	VH					11.01.85	25
	10000			-						

73	H70-74	Stein Opdahl				SSB		1952*03*01	25
	500	57.30	20250219	VH	55.14	22	46.5	01	46.5 01
	1000	1.57.11	20250305	VH	1.51.43	22	1.34.5	04	1.33.71 03*
	1500	3.10.59	20250219	VH	2.57.72	23	2.24.5	02	2.21.07 03*
	3000	6.49.22	20250205	VH	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*
29	H16-39	Leif Marius Ovli					Sykeh. Innl.	1995*11*07	25
	500	47.02	20250219	VH					38.75 14*
	1000			-					1.18.41 14*
	1500	2.30.75	20250219	VH					2.00.48 13*
	3000			-					4.19.75 14*
	5000			-					7.42.78 15*
	10000			-					-
64	H60-64	Espen Riktor					Capgemini AS	1961*05*16	25
	500	54.90	20250108	VH	55.68	22	52.10	19	51.35 15*
	1000	1.52.13	20241204	VH	1.50.53	24	1.45.42	18	1.45.42 18
	1500	2.47.39	20250219	VH	2.44.34	22	2.35.63	17	2.29.39 15*
	3000	5.47.03	20250108	VH	5.34.53	22	5.18.64	16	5.13.58 20*
	5000	10.17.90	20250212	VH	9.47.34	22	9.08.63	15	8.49.61 18*
	10000			-	20.11.80	24	19.19.84	19	18.12.34 15*
64	H60-64	Torgeir Arne Rundsveen					Rundsveen	1961*02*21	25
	500	56.01	20241204	VH	51.84	22	51.39	20	43.3 90*
	1000	1.53.45	20241204	VH	1.45.78	22	1.45.78	22	1.26.8 90*
	1500	2.51.43	20241211	VH	2.42.09	22	2.42.09	22	2.13.9 89*
	3000	5.57.83	20250205	VH	5.40.72	22	5.40.72	22	4.46.0 90*
	5000			-	10.14.76	23	10.17.46	20	8.11.1 90*
	10000			-					17.24.4 90*
59	H50-59	Kim Sekkelsten					Oscar Records	1965*07*02	25
	500	1.09.26	20250108	VH	57.90	17	56.60	14	56.3 12*
	1000			-	1.58.88	17	1.55.45	12	1.55.45 12
	1500	3.41.08	20250115	VH	2.54.28	17	2.52.39	12	2.52.39 12
	3000	7.24.02	20250205	VH	6.04.82	17	6.04.82	17	6.04.82 17
	5000	14.25.89	20250212	VH	10.37.48	19	10.35.72	12	10.19.0 12*
	10000			-	21.35.24	17	21.33.96	15	21.33.96 15
54	H50-59	Øyvind Skarholt					Compass HRG	1970*11*01	25
	500	48.18	20250219	VH	49.44	24	48.83	18	48.18 25
	1000	1.42.85	20241204	VH	1.42.95	24	1.42.95	24	1.42.85 25
	1500	2.31.45	20250219	VH	2.34.17	23	2.29.07	18	2.23.22 18*
	3000	5.27.38	20250205	VH	5.26.17	22	5.13.89	18	5.10.28 18*
	5000	9.42.36	20250212	VH	9.34.18	23	9.06.88	17	8.43.77 18*
	10000			-			18.44.27	17	18.44.27 17

66	H65-69	Vidar Skripeland				Skripeland Cons.	1959*05*26	25
	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 24		8.19.04 19	7.46.16 17*	
	10000	19.08.62	20241218	VH	19.29.78 24	16.40.67 16	15.48.15 17*	
64	H60-64	Terje Skåre				Fotograf Skåre	1960*11*30	25
	500		-	-		-	-	
	1000		-	-		-	-	
	1500		-	-		-	-	
	3000		-	-		-	-	
	5000	11.33.69	20250122	VH		-	11.33.69 25	
	10000		-	-		-	-	
67	H65-69	John K Solem				DNB	1957*07*11	25
	500		-	55.34 24		48.0 08	47.89 08*	
	1000		-	2.28.81 24		1.37.9 10	1.37.47 11*	
	1500		-	2.59.21 24		2.28.9 10	2.25.19 08*	
	3000	6.10.60	20241127	VH		5.13.3 08	5.05.36 10*	
	5000		-	-		9.19.0 08	8.53.52 08*	
	10000		-	-		-	18.36.54 08*	
70	H70-74	Arne Stenhaus				NILKAM AS	1955*06*16	25
	500	49.70	20250129	VH		41.9 07	41.21 09*	
	1000	1.41.22	20250129	VH		1.25.5 03	1.21.98 10*	
	1500	2.42.88	20250115	VH		2.13.5 06	2.03.45 07*	
	3000	5.35.22	20250305	VH		4.37.6 06	4.23.55 07*	
	5000	10.06.10	20250122	VH		8.11.8 08	7.38.80 07*	
	10000		-	-		16.53.7 06	16.16.06 07*	
69	H65-69	Per Gunnar Stensvaag				SAS	1956*05*18	25
	500	51.82	20250108	VH	48.62 22	44.6 05	43.63 04*	
	1000	1.53.01	20241204	VH	1.40.60 22	1.42.20 20	1.27.71 13*	
	1500	2.48.45	20250212	VH	2.53.12 24	2.27.0 03	2.12.5 06*	
	3000	5.53.80	20241127	VH	5.53.34 24	5.12.2 06	4.36.72 06*	
	5000	10.33.04	20250212	VH		8.52.46 14	7.50.53 07*	
	10000	21.10.48	20241218	VH		17.44.8 04	16.49.57 04*	
54	K(50-59)	Susanne Vangen Stensvaag				SAS	1971*02*02	25
	500	1.08.10	20250211	VH	1.08.66 22	1.04.47 19	58.36 20*	
	1000	2.31.54	20250128	VH	2.32.79 22	2.32.79 22	1.58.50 19*	
	1500	3.31.46	20250226	VH		3.16.57 19	3.05.63 19*	
	3000	7.30.04	20250211	VH		7.29.88 19	6.33.02 19*	
	5000		-	13.16.97 22		11.58.94 19	11.58.94 19	
	10000		-	-		26.07.72 17	25.00.06 19*	

33	H16-39	Håvard Straumsnes				Allergot Ungd.sk. 1991*12*07				25
	500	46.97	20250108	VH	46.49	24	46.49	24	44.29	25*
	1000			-	1.35.41	24	1.35.41	24	1.34.53	24*
	1500			-	2.18.47	22	2.18.47	22	2.13.55	25*
	3000	4.54.56	20250108	VH	4.54.27	23	4.54.27	23	4.38.68	25*
	5000			-	8.25.70	22	8.25.70	22	7.59.46	22*
	10000			-	17.39.61	23	17.39.61	23	16.55.79	23*
43	H40-49	Frank Tindvik				Akersh.flk.komm. 1981*07*09				25
	500			-					40.84	20*
	1000			-					1.20.49	20*
	1500			-					1.59.58	19*
	3000	4.32.14	20250108	VH					4.10.72	20*
	5000	7.57.96	20250122	VH					7.12.43	20*
	10000			-					15.27.75	17*
74	H70-74	Erik Vea				Erik Vea Events 1951*06*11				25
	500	50.03	20250219	VH	48.34	22	41.6	91	40.02	78*
	1000	1.39.31	20250129	VH	1.38.73	22	1.25.8	07	1.20.8	79*
	1500	2.32.08	20250219	VH	2.28.29	23	2.05.0	92	2.00.44	80*
	3000	5.16.18	20241127	VH	5.03.49	22	4.29.5	91	4.12.40	04*
	5000	9.21.81	20250212	VH	8.48.39	23	8.05.3	10	7.20.85	04*
	10000	19.35.24	20241211	VH	18.31.93	23	18.27.41	19	15.34.5	78*
53	H50-59	Sveinung Vea				Skift Gir 1972*05*24				25
	500	48.73	20250108	VH	48.25	24	45.20	16	45.20	16
	1000	1.37.46	20250129	VH			1.34.10	13	1.28.85	18*
	1500	2.30.57	20241211	VH	2.27.25	24	2.18.32	16	2.14.30	16*
	3000	4.58.76	20250205	VH	5.35.25	24	4.48.00	13	4.38.86	16*
	5000	8.41.14	20250122	VH	8.37.34	24	8.16.31	16	7.59.10	16*
	10000			-			16.42.61	17	16.14.26	17*
74	H70-74	Øivind Øiseth (Andersen)				Katalogforl. 1951*04*05				25
	500	54.62	20250115	VH	51.31	22	43.2	90	42.1	81*
	1000			-	1.44.46	22	1.25.9	90	1.23.5	89*
	1500	2.43.11	20250212	VH	2.35.13	22	2.10.7	90	2.06.7	89*
	3000	5.23.36	20250205	VH	5.16.36	22	4.36.7	89	4.30.9	93*
	5000	9.42.58	20250212	VH	9.06.06	23	8.03.9	87	7.40.91	02*
	10000			-	19.11.31	23	15.57.9	93	15.57.9	93