

# Adelskalender

Gjennom tidene



Fellesstarter arrangert av Lilleborg Idrettsklubb  
fra sesongen 1998

*Ajour 10/3-26*

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
<b>Totalt antall starter og km:</b>		<b>21589</b>	<b>229111</b>	<b>15815</b>	<b>157998</b>	<b>3140</b>	<b>31254</b>	<b>678</b>	<b>6756</b>	<b>581</b>	<b>5765</b>	<b>189</b>	<b>1883</b>	<b>474</b>	<b>4735</b>	<b>719</b>	<b>20720,2</b>
<i>Max deltagelser (1998 - d.d.)</i>		<i>765</i>	<i>8253</i>	<i>413</i>	<i>4130</i>	<i>195</i>	<i>1950</i>	<i>38</i>	<i>380</i>	<i>72</i>	<i>720</i>	<i>13</i>	<i>130</i>	<i>13</i>	<i>130</i>	<i>21</i>	<i>812,8</i>
Espen Riktor (1998 - )	LIK	579	6336	376	3760	107	1070	21	210	33	330	11	110	11	110	20	745,8
Tore Kolstad (2005 - )	LIK	497	5094	229	2290	174	1740	35	350	22	220	8	80	11	110	18	304,2
Geir Ivan Markussen (1998 - )	LIK	466	4959	363	3620	55	545	7	70	6	60	4	40	12	120	19	504,4
Vidar Skripeland (2001 - )	LIK	433	4372	304	3050	62	620	35	350	8	80	7	70	12	120	5	82,2
Odd Arild Ødegaard (1998 - )	ASK	423	4255	391	3910	4	40							9	90	19	215,0
Herbert Kristoffersen (2002 - )	OSS	358	3826	261	2610	58	580	20	200			6	60	4	40	9	336,1
Sven Otto Ringnes (2000 - 2019)	SK94	340	3622	303	3030	17	170							7	70	13	351,8
Geir Tvenge (2007 - )	SK94	338	3610	191	1910	90	895	30	300	2	20	5	50	8	80	12	354,9
Morten Jensen (1998 - )	OBI	329	3742	301	3010	3	30	6	60			1	10			18	631,8
Knut Erik Tveten (2002 - )	ASK	320	3498	299	3000	1	10			2	20			8	80	10	388,0
Aage Håkegård (2000 - )	SK94	319	3408	261	2610	38	380					2	20	4	40	14	358,0
Birger Engen (2001 - )	SK94	316	3335	281	2810	25	250							1	10	9	265,0
Christian Groven (2002 - )		303	3265	224	2250	42	420	22	220			6	60			9	315,0
Marit Riktor (1998 - )	LIK	299	3101	208	2090	44	450	7	70	20	200	5	50	5	50	10	190,7
Morten Aske Kolstad (2010 - )	LIK	294	3013	121	1210	112	1115	21	210	15	150	2	20	10	100	13	208,2
Gerrit Middelkoop (2009 - )	OSS	287	3255	188	1880	62	620	7	70	4	40	3	30	10	100	13	515,0
Gunnar Birkelund (2001 - )	LIK	274	2943	208	2080	39	390	14	140	3	30			3	30	7	273,2
Lars "Kokern" Rambøl (2002 - )	LIK	251	2521	228	2280	6	60	5	50	3	30			6	60	3	41,0
Geir Aarseth (2000 - )	SK94	243	2457	236	2355	5	50									2	52,0
Tom Hagen (2000 - )	SK94	239	2381	220	2190	16	160							2	20	1	10,8
Rolf Bruknap (2001 - )		238	2356	200	1990	22	220	12	106	4	40						
Svein Langholm (2003 - )		233	2651	183	1830	16	160	10	100	8	80	1	10	4	40	11	430,5
Bjørn Øyvind Bringedal (1998 - )	LIK	229	2649	159	1585	27	270	21	210	3	30	2	20	4	40	13	493,6
Eric Askildsen (2014 - )	LIK	228	2562	95	950	82	820	20	200	10	100	4	40	8	80	9	371,8
Arild Olstad (2000 - )	SK94	214	2151	204	2040	7	70							1	10	2	31,0
Tord Skoe Fredriksen (2004 - )	LIK	207	2196	112	1130	45	450	18	180	22	220			6	60	4	155,6
Eva Stad Sjøberg (2003 - )	ETF	202	2348	174	1760	6	60	2	20					6	60	14	448,4
Brynjar Mørkved (2003 - )		201	2021	170	1700	28	280					2	20			1	21,0
Anders Høstad (2006 - )	ASK	196	2152	185	1850					1	10			4	40	6	252,0

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Lasse Hem (2011 - )		191	1912	94	925	74	740	12	120			4	40	4	40	3	47,1
Harald Sund (2001 - )	LIK	190	1902	187	1872	2	20									1	10,0
Jon Rike (2005 - )	SK94	186	1903	138	1380	35	350	3	30	5	50	3	30			2	63,2
Rune Solli (2004 - )		182	2119	172	1752	1	10									9	357,0
Petter Solli (2004 - )		179	2141	164	1640									2	20	13	481,4
Kjetil Davidsen (2000 - 2013)	LIK	178	1824	169	1680	3	30									6	114,0
Trond Halvorsen (2001 - )	LIK	177	1866	169	1700	1	10							3	30	4	126,0
Erik Solli (2004 - )		175	2039	163	1630	1	10									11	399,0
Gard Skoe Fredriksen (2010 - )	LIK	172	1881	129	1290	18	180	12	120	4	40	1	10	2	20	6	220,9
Vetle Markussen (2000 - )	LIK	170	1680	156	1550	1	10							2	20	11	100,0
Torbjørn Sæther (2000 - )	ETF	168	2044	142	1420	3	30							7	70	16	523,8
Rune Sundland (2013 - )	LIK	166	1801	76	755	55	550	6	60	8	75	4	40	8	80	9	241,2
Lars Petter Ernø (2007 - )	OSS	162	1856	124	1275	17	170			9	90			4	40	8	281,1
Per Espen Kristoffersen (2012 - )	OSS	162	1768	104	1040	24	240	18	180	5	50	1	10	5	50	5	198,0
Gunnar Liegaarden (2001 - )	LIK	156	1609	125	1240	20	200					1	10	2	20	8	139,0
Arne Bertheussen (2008 - )		152	1739	115	1150	15	150	8	80			1	10	4	40	9	308,7
Hans "Verten" Klæstad (1998 - )	LIK	151	1560	116	1155	26	260							2	20	7	125,0
Ketil Grøttum (2007 - )		149	1694	133	1330	5	50							2	20	9	294,0
Georg Espolin Johnson (2007 - )		148	1736	110	1110	26	260	1	10			1	10	2	20	8	326,0
Atle Hustveit (2016 - )	ETF	148	1593	74	740	46	460	15	150			5	50	1	10	7	182,6
Kim van Oorschot (2014 - )		147	1744	39	390	88	880			1	10	1	10	9	90	9	364,3
Vegar Svendgård (2004 - )		147	1470	145	1450	1	10							1	10		
Ivar Jonny Tvenge (2005 - )	3randbu II	143	1430	139	1390	3	30							1	10		
Vegard Berentsen (2006 - )		140	1439	132	1315									4	40	4	84,0
Erik Aske Kolstad (2012 - )	LIK	139	1486	28	270	52	500	27	270	8	80	2	20	11	110	11	236,4
Asbjørn Hildrum (2001 - )	ASK	123	1391	103	1030	9	90							3	30	8	241,0
Pål Høberg (2004 - )		123	1294	61	610	36	360	17	170	3	30	1	10	3	30	2	84,4
Sindre Nordli (2010 - )		122	1284	99	990	12	120	5	50	4	40					2	84,0
Jan Finskrud (2010 - )	ETF	118	1384	104	1040									5	50	9	294,0
Ole Kjell Langmyren (2016 - )		118	1299	41	410	40	400	10	100	15	150	3	30	4	40	5	168,9
Therese Staal Brekke (2011 - )	LIK	117	1260	83	830	20	200	3	30	5	50	1	10	1	10	4	129,8

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				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Kjetil Narum Bakken (2002 - )	Aktiv	113	1200	74	735	29	290					3	30	4	40	3	105,4
Dan Rieber (2005 - )		112	1243	108	1075											4	168,0
Nils Juell (2016 - )	OSS	100	1128	29	290	43	430	12	120	5	50	2	20	5	50	4	168,4
Morten Lund (2010 - )		99	1012	83	830	11	110	1	10	2	20					2	42,0
Bendik Kvernø (2003 - )		98	1018	86	860	10	95									2	63,0
William Davidsen (2005 - 2014)	LIK	98	991	94	940											4	51,0
Johan Mosvold Larsen (2011 - )		94	1100	84	850	2	20						2	20		6	210,1
Anders Løvøy (2008 - )	LIK	92	996	74	740	12	120						1	10		5	126,0
Ole Espen Rakkestad (2001 - )	Seilduk	92	984	90	900											2	84,0
Per Inge Båtnes (2010 - )		89	1050	64	640	8	80	3	30			3	30	5	50	6	220,0
Christian Vogelsang (2003 - )	ASK	88	965	80	810			5	50							3	105,0
Ole Martin Nodenes (2018 - )	LIK	88	912	28	280	34	340	15	150	4	40	1	10	5	50	1	42,2
Erik Vea (2011 - )	KSK	87	1045	53	530	11	110	7	70	3	30			7	70	6	235,4
Leif Rønneberg (1998 - )		87	865	83	825					3	30					1	10,0
Kristoffer Selmer (2002 - )	LIK	86	924	81	810	2	20							1	10	2	84,0
Rolf Bremer (1998 - 2006)		86	845	85	835											1	10,0
Magnar Lundberg (2014 - )	LIK	83	820	2	20	76	750					1	10	4	40		
Mats Alexander Huseby (2015 - )	LIK	82	1013	64	640	8	80					1	10	3	30	6	252,6
Maurice Velterop (2018 - )		80	882	26	260	25	250	15	150			4	40	5	50	5	131,7
Pål Weiby (2002 - 2011)	Seilduk	77	770	77	770												
Hasse Skogvold (1998 - 2004)		75	750	75	750												
Frode Eidsmo (2007 - )		74	753	11	110	44	440					3	30	8	80	8	92,5
Bjørn Dølvik (2021 - )		74	740	6	60	11	110	8	80	48	480			1	10		
Svein Erik Morkemo (2021 - )		73	859	3	30	15	150	7	70	39	390	1	10	4	40	4	168,8
Ole Løland (2017 - )		72	720	29	290	16	160	21	210	3	30			3	30		
Thor Bryhn (1998 - 2006)		72	710	72	710												
Tore Gatland (2014 - )		70	764	33	330	24	240	4	40			2	20	5	50	2	84,2
Peder Tyvand (2004 - )	DSK	68	630	61	575	6	45	1	10								
Helge Rem (2002 - 2013)		67	665	67	665												
Terje Bjørk (2001 - )	ASK	66	820	42	420	15	150					3	30	1	10	5	210,0
Sven Brokstad (2010 - )		66	687	61	605	3	30							1	10	1	42,0

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				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Petter Enholm (2002 - )	ASK	65	651	64	630											1	21,1
Lars Jensen (2014 - )		64	640	46	460	12	120	6	60								
Viola Kuldvere (2000 - )	LASK	63	615	54	525	5	50					1	10	3	30		
Stian Fredriksen (2015 - )		62	694	27	270	23	230	3	30	2	20			4	40	3	103,5
Jon Gauslaa (2005 - )	ASK	59	655	39	390	11	110					1	10	4	40	4	105,0
Harry Sundøen (1998 - 2006)		58	575	58	575												
Kåre Vidar Sundøen (1998 - 2006)		58	575	58	575												
Snorre Kverndokk (2014 - )		57	592	23	230	18	180	8	80			2	20	2	20	4	62,2
Kalle Brevig(7?) (1999 - 2006)		54	580	53	570											1	10,0
Magnus Weiby (2008 - )		52	520	49	490	2	20							1	10		
Veronique Zijlstra (2023 - )		52	520	21	210	21	210	5	50			4	40	1	10		
Njaal Nore (2019 - )	Asker SK	52	505	1	10			2	20	49	475						
Svein Erik Boye (2007 - 2011)	LIK	51	946	50	925											1	21,0
Pål Gamme (2021 - )		51	532	24	240	18	180	6	60			1	10	1	10	1	32,0
Odd Oscar Bjelke (2001 - 2011)	LIK	50	532	48	480	1	10									1	42,0
Per Andersen (2006 - 2012)		49	501	45	450											4	51,0
Per Hodne (1998 - )		48	625	39	540	2	20			5	45					2	20,0
Arne Stenshaug (2003 - )	KSK	47	524	17	170	13	141	5	50	2	20	6	60	1	10	3	73,2
Trond Gustavsen(2013 - )		46	460	8	80	36	360					2	20				
Tor Dølvik (2021 - )		46	450	1	10	7	70	1	10	37	360						
Knut Nilsen (2013 - )		45	507	38	380	2	20							2	20	3	87,0
Tomm Samodee (2017 - )	OSS	44	472	15	150	25	250			2	20			1	10	1	42,0
Knut Ramfjord (2004 - )		44	440	42	420	2	20										
Nils Bredal (1998 - 2002)		44	440	44	440												
Eirik Brun (2004 - )		43	430	43	430												
Paal Midtvåge (2012 - )		41	474	35	350	1	10							3	30	2	84,0
Erik Dahl (2018 - )		40	535	11	110	14	140	4	40	3	30	3	30			5	184,9
Robert Bos (2015 - )		38	380	38	380												
Frido Evers (2013 - )		38	375	28	275	8	80					1	10	1	10		
Geir Kavli (2000 - 2003)		37	370	37	370												
Knut Anders Løken (2012 - )		37	370	36	360							1	10				

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				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Nils Isaksen (2003 - 2011)		36	360	36	360												
Øyvind Antila (2012 - )		35	345	35	345												
Elisabeth Asker (2006 - 2013)		35	330	26	250	3	25						1	10	5	45,0	
Jon Erik Dølvik (2016 - )		34	342	4	40	18	175	6	55	4	40				2	31,6	
Per Gunnar Stensvåg (2003 - )		33	341	14	140	10	100	5	50				3	30	1	21,0	
Petter Albertsen (2016 - )		33	335	1	10	30	300						1	10	1	15,0	
Frode Borkenhagen (2014 - )		33	330	24	240	7	70				1	10	1	10			
Ine Bonthuis (2023 - )		33	330	11	110	18	180				4	40					
Paul Fitzgerald (2002 - 2012)		33	330	33	330												
Bjørnar Einarsen (2006 - 2008)		32	352	31	310										1	42,0	
Trond Einar Riktor (2000 - 2010)	LIK	32	326	30	295										2	31,0	
Petter Andersen (2002 - )	ASK	32	320	30	300	1	10								1	10,0	
Turid Rønning (2016 - )		32	320	15	150	16	160				1	10					
Svein Øksnevad (2001 - )		32	315	30	295	2	20										
Jonas Fredriksen (2019 - )		32	305			26	235				1	10	2	20	3	40,0	
Øystein Linnekaste (1999 - 2013)		32	240	32	240												
Kim Sekkelsten (2000 - )	ASK	31	325	25	250	1	10				1	3	2	20	2	42,0	
Iver Skrefsrud (2001 - 2008)	LIK	31	310	31	310												
Henrik Natvig (2007 - 2012)		31	300	31	300												
Gaute Gunnari (2016 - )		30	300	7	70	16	160	6	60				1	10			
Vegard Nore (2022 - )		29	333	12	120	8	80			2	20	3	30	2	20	2	63,3
Sara Hemmer (2008 - )	ASK	29	333	10	100	12	120				1	10	4	40	2	63,2	
Marianne Aamodt (2015 - )		29	290	16	160	12	120				1	10					
Oven Egeland (2005 - 2009)		29	290	29	290												
Vidar Bakke (2013 - )		29	290	27	270						2	20					
Ole Støen (2006 - 2011)		28	280	28	280												
Håvard Straumsnes (2021 - )		27	332	3	30	18	180			1	10	1	10	2	20	2	82,2
Sivert Kalvik (2013 - )		27	280	3	30	17	170	5	50				1	10	1	19,5	
Pål Agdestein (2021 - )		27	265			2	20			25	245						
Peter Garden (1999 - 2008)	LIK	26	270	26	270												
Hallvor Fasting (2000 - 2002)		26	250	26	250												

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				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Bjørn Fjeldstad (2014 - )		25	303	1	10	15	145	3	30					1	10	5	108,1
Arne Eik(a?) (2005 - 2012)		25	250	23	230											2	20,0
Kjell Arne Øyen (2003 - )		24	240	24	240												
Trond Kopseng (2001 - 2004)		24	240	24	240												
Halvor Natvig (2007 - 2012)		24	230	24	230												
Torbjørn Høvde (2011 - )	LIK	23	262	22	220											1	42,0
Simen Kylterud Owe (2011 - )		23	230	22	220			1	10								
Harald Hansteen (2001 - 2002)		23	220	23	220												
Arild Engelstad (1998 - 2007)		22	220	22	220												
Bjørn Gran Henriksen (1999 - )		22	220	19	190	3	30										
Anne M Moen (1999 - 2001)		22	190	22	190												
Hilde van Der Jackson(128?) (2004 - 2012)		22	90	22	90												
Jostein Nørbech (2015 - )		21	285	18	180											3	105,0
Morten Henriksen (2007 - )	OSS	21	221	14	140	3	30							2	20	2	31,0
Jakob Dyrning (Tidl. Falås) (2016 - )		21	210	21	210												
Martin Grothe Lien (2015 - )		21	210	9	90	11	110				1	10					
Knut Aalde (2003 - )		20	200	20	200												
Oddmar Stenhaug (2012 - )		20	200	20	200												
Ståle Heitmann (2018 - )		20	200	5	50	5	50	8	80					2	20		
Kristian Skjegstad (1999 - 2003)		20	185	20	185												
Eirik Espolin Johnson (2015 - )		19	190	19	190												
Mikael Eriksen (2002 - 2003)		19	190	19	190												
Remi Andersen (2016 - )		19	190	9	90	5	50				1	10	3	30	1	10,0	
Stian Hofoss (2007 - 2008)		19	190	19	190												
Håvard Nore (2021 - )		18	180			2	20			15	150			1	10		
Kim Halvorsen (2008 - 2009)		18	180	18	180												
Ole Martin Edland (2008 - 2012)		18	180	18	180												
Susanne Vangen Stensvaag (2014 - )		18	175	9	90	5	45							4	40		
Arild Øvstrud (2002 - 2005)		18	120	18	120												
Dag Eriksen (2013 - )		17	170	2	20	7	70	6	60					1	10	1	10,0
Leon Reubsnet (2004 - 2011)		17	170	17	170												

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				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Stian Kracht (2006 - 2009)		17	170	17	170												
Sveinung Vea (2012 - )		17	170	2	20	8	80					1	10	6	60		
Terje Ullereng (2018 - )		17	170	9	90	1	10	1	10					6	60		
Eldar Aarholt (2012 - )		16	202	5	50	4	40							4	40	3	72,0
Andreas Benedictow (2007 - 2008)		16	160	16	160												
Haldor Otterlei (2009 - )		16	160	15	150							1	10				
Jens Lien (2014 - )		16	160	1	10	13	130	2	20								
Morten Vaagsbø (2011 - 2014)		16	160	16	160												
Gaute Andresen (2016 - )		15	150	13	130	2	20										
Håvard Myklebust (2007 - 2014)		15	150	15	150												
Johan Aamdal Bottheim (2018 - )		15	150	6	60	3	30			2	20	2	20	2	20		
Ann-Christin Sæthre (2007 - 2008)		15	110	14	105											1	5,0
Per Allan Johansson (2012 - )		14	172	11	110	1	10									2	52,2
Einar Hammershaug (2001 - )		14	140	10	100			4	40								
Hans Christian Jordet (2011 - )		14	140	2	20	12	120										
Jonas Ask (2016 - )		14	140	12	120									1	10	1	10,0
Morten Stakkeland (2015 - )		14	140	14	140												
Sigurd Vangen (2014 - )		14	140	14	140												
Iver Johansen (2009 - )	Ceres	13	152	4	40	1	10					1	10	4	40	3	52,1
Gunnar Nyhus (2002 - 2004)		13	130	13	130												
Ivar Ødegaard (2017 - )		13	130			12	120							1	10		
Svein Nybakke (2017 - )		13	130	13	130												
Terje Furuseth (2002 - 2005)		13	130	13	130												
Torkil Gundersen (2001 - 2004)		13	130	13	130												
Erik Gunnerød (2002 - )	Asker SK	13	125	2	20	8	75							3	30		
Clement Chaduc Mjelstad (2018 - )		12	152	1	10	10	100									1	42,2
Erik Michelsen (2017 - )	OSS	12	152	4	40	1	10			6	60					1	42,0
Erik van Megen (2012 - )		12	152	6	60	2	20							3	30	1	42,0
Therese Granheim (2004 - 2007)		12	125	12	125												
Anders Bryn (2005 - )		12	120	12	120												
Elisabeth Bartholome (2016 - )		12	120	10	100							2	20				

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Gaute Andersens (2025 - )		12	120	10	100	2	20										
Gunnar Atterås (1998 - 2002)	LIK	12	120	12	120												
Hedda Bakke (2021- )		12	120			5	50			2	20	4	40			1	10,0
Morten Jørgensen (2021 - )		12	120							12	120						
Olav Langeland (2003 - )	HSK	12	120	5	50	6	60									1	10,0
Stein R. Pünther (2011 - 2012)		12	120	7	70	5	50										
Sverre Olsrud (2022 - )		12	120			12	120										
Terje Erfjord (2002 - )		12	120	7	70	5	50										
Terje Fjæreide (2013 - )		12	120	12	120												
Thomas Arnulf (2016 - )		12	120	12	120												
Karl Brevig (29?) (1998 - 1998)		12	115	12	115												
Phan Åge Haugård (2008 - 2010)		12	115	12	115												
Gunn Marit (2003 - 2003)		12	65	12	65												
Jasus Løvøy (2007 - 2007)		11	121	10	100											1	21,0
Fredrik Smith (2018 - )		11	110	1	10	2	20			8	80						
Marit Stubø (2015 - )		11	110	3	30	8	80										
Pål Christian Ingierd (2013 - 2015)		11	110	11	110												
Thomas Mørch Fjeldstad (2005 - 2006)		11	110	11	110												
Balla (1999 - 2001)		11	105	11	105												
Karen Lerever (2007 - 2011)		11	105	11	105												
Nicolai Cleve Broch (2016 - )		11	105			11	105										
Hilde(166?) (2003 - 2003)		11	55	11	55												
Terje Skåre (2017 - )		10	150	5	50	2	20			1	10					2	70,0
Bjørgulf Bergseth (1998 - 1999)		10	110	10	110												
Lars Blesvik (2014 - )		10	100	6	60	4	40										
Steinar Fremstad (2005 - 2005)		10	100	10	100												
Svenn Erik Hagen (2016 - 2017)		10	100			9	90	1	10								
Thomas Stormoen (2023 - )		10	100	10	100												
Øyvind Baugerød (2011 - 2013)		10	100	10	100												
Asle Flottorp (2002 - 2004)		9	90	9	90												
Bjørn Ove Inderøy (2002 - 2005)		9	90	9	90												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Bjørn Tvedt (2006 - )		9	90	9	90												
Dag Hamre (2025 - )	VSIL	9	90	8	80							1	10				
Kjell Furulund (2012 - )		9	90	1	10	1	10							7	70		
Kurt Feiring Larsen (2016 - )		9	90	8	80	1	10										
Margriet Boersma (2016 - )		9	90	6	60	3	30										
Ole Martin Eieland (2002 - 2003)		9	90	9	90												
Pål Benjaminsen (2003 - 2008)		9	90	9	90												
Tom Hystad (2018 - )		9	90	5	50							1	10	3	30		
Ubbe Haavind (2016 - )		9	90	1	10	7	70	1	10								
Atle Askeland (2024 - )		9	88			9	88										
Annd D.Moen(?32?) (2003 - 2005)		9	85	9	85												
Espen Hansen (2016 - )		9	80	1	10	3	30			2	15			2	15	1	10,0
Frode Slotnes (2018 - )		8	91			2	20	1	10					4	40	1	21,1
August Middelkoop (2015 - )		8	80	2	20									5	50	1	10,0
Eirik Bøhnsdalen (2007 - 2008)		8	80	8	80												
Ellen Wethal (2007 - 2007)		8	80	8	80												
Ivar Claussen (2000 - 2000)		8	80	8	80												
Jan Folskog (2015 - )		8	80	7	70									1	10		
Jan Kildal (2021 - )		8	80							8	80						
Martin C. Sverdvik (2018 - )		8	80	4	40					2	20			2	20		
Terje Henriksen (2019 - )		8	80							8	80						
Torleiv Rike (2022 - )		8	80	1	10	5	50	2	20								
Øyvind Rød (2004 - 2006)		8	80	8	80												
Arvid Moger (2007 - 2010)		8	75	8	75												
Jesper Fredriksen (2018 - )		8	75			5	50							2	20	1	5,0
Jon Saxhaugs (2025 - )		8	75	7	65	1	10										
Kjell A. Langva(119? S.?) (2005 - 2009)		8	60	8	60												
Trine Milli (2003 - 2006)		7	90	7	90												
Joakim Henriksen (2024 - )		7	81	5	50									1	10	1	21,1
Eirik Knudsen Gåseidnes (2016 - )		7	80	1	10	1	10							3	30	2	30,0
Asier Puena (2004 - 2013)		7	70	7	70												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askemila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Eivind Røyne (2011 - 2012)		7	70	3	30	4	40										
Espen Holm (2018 - )		7	70	2	20	1	10	3	30	1	10						
Hallvard Müeller (2021 - )		7	70					6	60					1	10		
Håkon Haugerud (2022 - )		7	70	5	50	2	20										
Håvard Vatn (2007 - 2012)		7	70	7	70												
Ingrid Flatmark (2024 - )		7	70			7	70										
Ivar Pleyrn (2017 - )		7	70			4	40	2	20			1	10				
Lars Christian Lindstad (2024 - )		7	70			6	60							1	10		
Magne "Oslo Vest" (2023 - )		7	70							7	70						
Sven B. Fiedler (2003 - 2004)		7	70	7	70												
Trond Boge (2003 - 2005)		7	70	7	70												
Svein Munkelien (2000 - 2001)		7	65	7	65												
Erik Thorstensen (2018 - )	ASK	6	75	2	20	1	10					1	10	1	10	1	25,0
Arnfinn Myrholen (2003 - 2006)		6	71	6	71												
Arne Dolven (2003 - 2003)		6	60	6	60												
Brynjar Skjærli (2016 - )		6	60	1	10	1	10							4	40		
Fredrik Foss (2011 - 2011)		6	60	6	60												
Gosse Bouma (2017 - )		6	60	6	60												
Hans Kvalsøren (2009 - 2012)		6	60	6	60												
Jens Gunnar Andersen (2019 - )		6	60			6	60										
Lars Nilsen (2021 - )		6	60					5	50					1	10		
Lars Aaberge (2007 - 2010)		6	60	6	60												
Magnus Langvik (2005 - 2005)		6	60	6	60												
Michiel Warmerdam (2012 - 2013)		6	60	6	60												
Paul Hinsch (2015 - )		6	60	5	50	1	10										
Paul Rief (2008 - 2010)		6	60	6	60												
Rolf Bakken (2008 - 2012)		6	60	6	60												
Birgitte Petersen (2012 - 2013)		6	58	4	33	1	10									1	15,0
Petter Overaa (2022 - )		6	55			6	55										
Arne Lindstøl (2006 - 2007)		5	50	5	50												
Aud (2001 - 2001)		5	50	5	50												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Benedikt Norland(Nødland?) (2016 - )		5	50	5	50												
Eyvind Røyne (2013 - 2014)		5	50	5	50												
Gunnar Grosvold (2016 - 2017)		5	50			5	50										
Hans Lur (2002 - 2002)		5	50	5	50												
Irene Engelstad (1998 - 2003)		5	50	5	50												
Jan Roger Karlsen (2004 - 2007)		5	50	5	50												
Johannes Morken (2002 - 2003)		5	50	5	50												
Kjell Arne Lund (2011 - 2012)		5	50	5	50												
Knut Glorvigen (2011 - 2011)		5	50	5	50												
Konrad Albert (2024 - )		5	50	3	30	1	10					1	10				
Morten Sætre (2002 - 2002)		5	50	5	50												
Ragnar Bragwin Andresen (2014 - )		5	50	4	40	1	10										
Roald Eidsheim (2023 - )		5	50	4	40							1	10				
Stein Opdahl (2005 - 2008)		5	50	5	50												
Steinar Johansen (2014 - )	HBSK	5	50	5	50												
Teije Meijer (2015 - )		5	50	4	40	1	10										
Terje Nilsen (2010 - 2010)		5	50	5	50												
Torfinn Sanderud (2016 - 2017)		5	50			5	50										
Ørjan Tvenge (2006 - 2009)	3randbu II	5	50	5	50												
Kjell Beite (2005 - 2007)		5	45	5	45												
Lasse Sætre (2006 - 2013)		5	45	5	45												
Halvor Eid Nielsen (2015 - )		4	72					2	20					1	10	1	42,0
Aksel Ribu (2005 - 2005)		4	40	4	40												
Alf Harbitz (2010 - )		4	40	1	10	2	20	1	10								
Asbjørn Dølvik (2021 - )		4	40			2	20			2	20						
Eelcovon "Eeko" Weerduizen (2006 - )		4	40	4	40												
Erik Boye (2007 - 2008)		4	40	4	40												
Erik Torstensen (2019 - )		4	40			3	30	1	10								
Erling Kaasim (2002 - 2003)		4	40	4	40												
Felco Ivan Weerdhuizen (2016 - )		4	40	4	40												
Gunnar Sundal (2013 - 2014)		4	40	2	20									2	20		

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Håkon Rask Rustad (2004 - 2005)		4	40	4	40												
Håvard (2019 - )		4	40			4	40										
Ivar Grimstad (2002 - 2002)		4	40	4	40												
Jan Willy Larsen (2002 - 2007)		4	40	4	40												
Jo Randen (2021 - )		4	40			3	30	1	10								
Johan Måseide (2016 - )		4	40	4	40												
Jørgen Tønne (2013 - 2017)		4	40			4	40										
Kees Custers (2025 - )		4	40	1	10	3	30										
Lars Kolbjørnsen (2024 - )		4	40	1	10	2	20					1	10				
Marie Kukeleire (2024 - )	BEL	4	40	1	10	3	30										
Marit Nore (2019 - )		4	40							4	40						
Martin Just (2017 - )		4	40	4	40												
Martin Stormoen (2024 - )		4	40	4	40												
Morten Haukhoum (2012 - 2013)		4	40	4	40												
Nils Einar Aas (2010 - )		4	40	3	30	1	10										
Petter Dølvik (2021 - )		4	40			1	10			3	30						
Roger Rake (2016 - )		4	40	4	40												
Rolf Horni (2017 - )		4	40			3	30					1	10				
Stig Sandøy (1999 - 1999)		4	40	4	40												
Sven Erik Hagen (2021 - )		4	40			1	10	3	30								
Sverre Dølvik (2021 - )		4	40							4	40						
Terje Andersen (2008 - 2008)		4	40	3	30											1	10,0
Torstein Rekkedal (2019 - )		4	40			4	40										
Vidar Brotnov (2008 - 2010)		4	40	4	40												
Viktor Haukaas (2015 - )		4	40									1	10	3	30		
Ånund Brothaug/tveit(?) (2021 - )		4	40			3	30							1	10		
Robin Sande (2018 - )		4	35	4	35												
Thomas Pettersen (2004 - )		4	35	4	35												
Nicolaj Tidemand (2012 - )		4	30	4	30												
Allan Dahl Johansson (2015 - )		3	94									1	10			2	84,0
Lars Eid Nielsen (2015 - 2015)		3	73	1	10											2	63,0

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askemila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Simen Eid Nielsen (2015 - )		3	62	1	10	1	10									1	42,0
Thomas Keilman (2012 - 2012)		3	50	3	50												
Bjørn Gudbrandsen (2013 - 2014)		3	41	2	20											1	21,0
Andreas Flatland (2019 - )		3	30							3	30						
Andreas Haugerud (2018 - )		3	30	1	10	2	20										
Arne Eika (2007 - 2009)		3	30	3	30												
Arne Fredhjem (2015 - )		3	30	3	30												
Asgeir Mamen (2010 - )		3	30			2	20							1	10		
Asier Pena Iturria (2019 - )		3	30	1	10	1	10							1	10		
Bård Larsen Devik (2005 - 2005)		3	30	3	30												
Bård Pilskog (2001 - 2001)		3	30	3	30												
Cathrine Inderøy (2002 - 2005)		3	30	3	30												
Erik Johannessen (2017 - )		3	30			3	30										
Erik van Megen (2021 - )		3	30			1	10							2	20		
Frank Malund (2012 - )		3	30	3	30												
Fredrik Nilsen (2017 - )		3	30			1	10	2	20								
Geir Sigurd Olsvold (2007 - 2011)		3	30	3	30												
Gisle Harr (2022 - )		3	30	2	20			1	10								
Hasse Farstad (2011 - )		3	30			3	30										
Henning Jensen (2013 - 2015)		3	30	3	30												
Håvard Rådstoga (2022 - )		3	30					3	30								
Imme Benedict (2015 - )		3	30	3	30												
Joelle Janz (2018 - )		3	30	3	30												
Johanne Berg (2014 - )		3	30	1	10	1	10									1	10,0
John K. Solem (2005 - )		3	30	2	20	1	10										
Jon Olav Sveen (2016 - )		3	30	3	30												
Jørgen Leknes (2025 - )		3	30			3	30										
Jørn Stian Dahl (2003 - 2004)		3	30	3	30												
Kjell H. Riiser(332?) (2010 - 2010)		3	30	3	30												
Kjell Riise (2009 - 2009)		3	30	3	30												
Lars Claussen (2000 - 2001)		3	30	3	30												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Martin Minken (2023- )		3	30	2	20	1	10										
Martin Rijnaars (2021 - )		3	30			2	20	1	10								
Mathias Hamar (2023- )		3	30	3	30												
Nils Gunnar Røhrsveen (2002 - 2003)		3	30	3	30												
Ola Kroken (2010 - 2011)		3	30	3	30												
Ole Bjørnsmoen Næss (2024 - )	Tynset	3	30	2	20	1	10										
Per Huuse (2015 - )		3	30			2	20						1	10			
Paal Engelstad (2009 - 2009)		3	30	3	30												
Ragnhild Andresen (2009 - )	SSK	3	30	2	20	1	10										
Reidar Sletten (1998 - 1998)		3	30	3	30												
Runar Skrøvseth (2011 - 2011)		3	30	3	30												
Sven Berg (2002 - 2002)		3	30	3	30												
Sverre Lie (2006 - 2006)		3	30	3	30												
Sykkellady NN (2001 - 2001)		3	30	3	30												
Tarald Rohde (2015 - )		3	30	3	30												
Tommy Værig (2007 - 2007)		3	30	3	30												
Tore Granheim (2003 - 2003)		3	30	3	30												
Torkel Gundersen (2005 - 2007)		3	30	3	30												
Vegard L. Jensen (2014 - )		3	30	1	10	1	10									1	10,0
Øystein Lie (2004 - 2004)		3	30	3	30												
Knut Kruse (2003 - 2007)		3	25	3	25												
Per Johan Utkilen (2018 - )		3	25	3	25												
Marit Hagen (1999 - 1999)		3	20	3	20												
Sidsel Pape (2010 - )		3	20	2	10	1	10										
Kristine Bringedal Gedde (2024 - )		2	54													2	54,1
Bjørn Hagen (2019 - )		2	52			1	10									1	42,2
Thomas Lande Eriksen (2015 - 2015)		2	52	1	10											1	42,0
Vibeke van Megan (2012 - )	Båstad	2	42													2	42,0
Frode Midjo (2018 - )		2	31					1	10							1	21,0
Helge Hem (2013 - 2013)		2	29			1	10									1	19,0
Anders Navarsete (2008 - 2010)		2	20	2	20												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Anette Kyrre (2017 - )		2	20	2	20												
Anne Sofie (2021- )		2	20							2	20						
Ar Groeneweg (2025 - )		2	20	2	20												
Arild Salte (2006 - 2007)		2	20	2	20												
Arne Fremstad (2005 - 2005)		2	20	2	20												
Arnulf fra Berrgen (2019 - )		2	20							2	20						
Asbjørn Følstad (2018 - )		2	20			2	20										
Atle NN (2010 - 2010)		2	20			2	20										
Audun Bye (2008 - 2008)		2	20	2	20												
Bibi Klaassen (2012 - 2014)		2	20	2	20												
Bjørn Wangensteen (2005 - 2005)		2	20	2	20												
Bjørnar Ørstadvik (2006 - 2006)		2	20	2	20												
Børge Nyseth (2012 - 2012)		2	20	2	20												
Dagfinn Bang Johansen (2013 - )		2	20	2	20												
Daniel Åsland (2014 - 2014)		2	20	2	20												
Einar Bergkåsa (2008 - 2008)		2	20	2	20												
Eirik Bøgstad (2013 - )		2	20	2	20												
Eirik Fjellheim (2012 - 2014)		2	20	2	20												
Emeline Berentsen (2024 - )		2	20											2	20		
Emil Morgenlie Skei (2009 - 2009)	LIK	2	20	2	20												
Erik Bønnsdalen (2017 - )		2	20	2	20												
Erik Dybli (2016 - )		2	20	2	20												
Erling Wiklund (2015 - 2015)		2	20	2	20												
Espen Høstad (2007 - 2007)		2	20	2	20												
Espen X (1999 - 1999)		2	20	2	20												
Frank Mohn (2010 - )		2	20	2	20												
Fredrik Colbensen-Tveten (2015 - )	ASK	2	20	1	10	1	10										
Fredrik Værling (2008 - 2009)		2	20	2	20												
Frode Damli (2019 - )		2	20			1	10					1	10				
Frode Sande (2014 - 2014)		2	20			2	20										
Fru Røyne (2013 - )		2	20	2	20												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Geir Asbjørn Nilsen (2000 - 2001)		2	20	2	20												
Georg Krohn-Hansen (2015 - 2015)		2	20	1	10			1	10								
Gunnstein Vatnar (2016 - 2016)		2	20			2	20										
Halvor (2021- )		2	20							2	20						
Hans Foss (2007 - 2007)		2	20	2	20												
Harald Orsten (2007 - 2007)		2	20	2	20												
Helene Gatland (2024 - )		2	20											2	20		
Helge Rollefson (2014 - 2014)		2	20	2	20												
Helle Brochmann (2021 - )		2	20			2	20										
Henrik Christiansen (2011 - 2012)		2	20	2	20												
Henry Nilsen (2015 - 2015)		2	20			1	10								1	10	
Ingrid Bjørnsmoen Næss (2024 - )	Tynset	2	20	1	10	1	10										
Ingvild Ingvaldsen (1998 - 1998)		2	20	2	20												
Jan Fredrik Heyerdal (2003 - 2003)		2	20	2	20												
Johan Bergersen (2017 - )		2	20	2	20												
Jonas Mitsem (2014 - 2014)		2	20	1	10										1	10	
Ketil Husøy (2017 - )		2	20	2	20												
Kjell Håvard Belsvik (2017 - )		2	20	2	20												
Kristian Just (2016 - )		2	20	2	20												
Kristine Aanerud (2008 - 2008)		2	20	2	20												
Lars Myklebust (2017 - )		2	20	2	20												
Magne Aldrin (2001 - 2001)		2	20	1	10	1	10										
Magnus Jahr (2008 - 2008)		2	20	2	20												
Maiken Gundersen (2016 - )	ASK	2	20	1	10										1	10	
Maiken Hoholm (2018 - )		2	20			2	20										
Marius Høvik (2007 - 2007)		2	20	2	20												
Marja Haartsen (2003 - 2003)	ASK	2	20	2	20												
Mary Gussiås Jonsbråten (2013 - )		2	20	2	20												
Mats Aamodt (2016 - )		2	20	1	10										1	10	
Matteo "Oslo Vest" (2024 - )		2	20							2	20						
Matz Jenssen (2019 - )		2	20			2	20										

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Meike de Vlas (2019 - )		2	20			2	20										
Morten Larsen (2018 - )		2	20	2	20												
Morten Tollefsen (2002 - 2002)		2	20	2	20												
Nina Brochmann (2021 - )		2	20			2	20										
Olav Natvig (2016 - )		2	20	2	20												
Olav Slinning (2009 - 2010)		2	20	2	20												
Per Halvor Svendsen (2009 - )		2	20	1	10									1	10		
Petter Nestvedt (2002 - 2002)		2	20	2	20												
Petter Olafsson (2011 - 2011)		2	20	2	20												
Rob Brüggerling (2021 - )		2	20							2	20						
Ronny Pettersen (2021 - )		2	20			2	20										
Rune Vidar Bråten (2002 - 2002)		2	20	2	20												
Sander Sønnerål (2015 - )		2	20	1	10									1	10		
Sebastian Lunde (2008 - 2010)		2	20	2	20												
Sissel Horni (2018 - )		2	20	1	10	1	10										
Staffan Gilbertsen (2006 - 2006)		2	20	2	20												
Steffen Øvstedal (2008 - 2010)		2	20	2	20												
Steinar Hansen (2018 - )		2	20			2	20										
Stine (2021 - )		2	20							2	20						
Terje "Oslo Vest" (2023 - )		2	20							2	20						
Terje Fredriksen (2021 - )		2	20			1	10			1	10						
Terje Solberg-Hansen (2021 - )		2	20					2	20								
Tharald Laastad (2007 - 2007)		2	20	2	20												
Thomas Moen (2001 - 2002)		2	20	2	20												
Tine Kjøpke (2011 - 2013)		2	20	2	20												
Tom Fillan (2014 - 2014)		2	20	2	20												
Tom Ryen (2008 - 2008)		2	20	2	20												
Tore Bjølseth (2012 - 2012)		2	20			2	20										
Tove Strand (2018 - )		2	20	1	10							1	10				
Trond Sameien (2008 - 2008)		2	20	2	20												
Vetle Stangeland (2018 - )		2	20	2	20												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Vidar Bamrud (2017 - )		2	20	2	20												
Ylva Risberg (2002 - 2002)		2	20	2	20												
Øystein Wien (2021 - )		2	20					1	10					1	10		
Øyvind Degnes (2017 - )		2	20	2	20												
Øyvind Jørgensen (2025 - )		2	20			2	20										
Broderen til Broder Aage (2010 - 2014)	SK94	2	15			2	15										
Hendrik Eppinga (2005 - 2006)		2	15	2	15												
Ida Njåtun (2012 - 2012)	Asker SK	2	15													2	15,0
Jonas Pedersen (2004 - 2004)		2	15	2	15												
Lars Dølvik (2022 - )		2	15					2	15								
Lars P. Fosdahl (2004 - 2004)		2	15	2	15												
Luc Mensah (2001 - 2013)		2	15	2	15												
Ove Christie (2007 - 2008)		2	15	2	15												
Snorre Birkelund (2006 - 2006)		2	15	2	15												
Thomas Helle-Valle (2004 - 2004)		2	15	2	15												
Øystein Nygaard (2000 - 2001)		2	15	2	15												
Kurt Stille (2007 - 2009)		2	10	2	10												
Sigmund Lund (2007 - 2007)		2	10	2	10												
NN-Løper #2 m/turskøyter_Båstad (20		1	42													1	42,2
Sølve Bærud (2022- )		1	42													1	42,2
Jo Stokke Bryn (2006 - 2006)		1	42													1	42,0
Kyrre Linstad (2015 - )		1	42													1	42,0
Marius Bratlie (2015 - )		1	42													1	42,0
Stein Haug Lund (2013 - 2013)		1	42													1	42,0
Tron Robberstad (2013 - 2013)		1	42													1	42,0
FG-20304 (2016 - 2016)		1	36													1	36,0
KN-54479 (2016 - 2016)		1	36													1	36,0
Hans Petter Mikkelsen (2019 - )		1	26													1	26,0
Frida van Megan (2012 - 2012)	Båstad	1	21													1	21,0
Helene Lesund (2017 - )		1	21													1	21,0
Lillian Karlsen (2017 - )		1	21													1	21,0

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Tom Bruun (2013 - 2013)		1	21													1	21,0
Tor Øyvind Ødegaard (2009 - 2009)		1	21													1	21,0
Vidar Svendsen (2007 - 2007)		1	21													1	21,0
Arne NN (2000 - 2000)		1	15	1	15												
"Myggen Mygland" (2018 - )		1	10			1	10										
(NoName - Blå jakke) N.N. 0118 (2018)		1	10			1	10										
Alexander Strande (2012 - 2012)		1	10	1	10												
Amund Formoe (2008 - 2008)		1	10	1	10												
Anders G. Nore		1	10							1	10						
Anders Nordbø (2015 - 2015)		1	10			1	10										
Andreas Hallingstad (2016 - )		1	10	1	10												
Anette Vala (2023 - )		1	10	1	10												
Are Nordhagen (2005 - 2005)		1	10	1	10												
Are Søndena (2009 - 2009)		1	10	1	10												
Arild Nebb Ervik (2006 - 2006)	ASK	1	10	1	10												
Arild Sæthre (2008 - 2008)		1	10													1	10,0
Arne Grøttås (2005 - 2005)		1	10													1	10,0
Arne Røds (2025 - )		1	10	1	10												
Asbjørn Thurman-Nielsen (2005 - 2005)		1	10	1	10												
Audun Sjøli (2014 - 2014)		1	10			1	10										
Beate Davidsen (2013 - 2013)		1	10	1	10												
Birthe Midttveit (2011 - 2011)		1	10	1	10												
Bjørn Bakke (2002 - 2002)		1	10	1	10												
Bjørn Bottolvs (2008 - 2008)		1	10	1	10												
Bjørn Haastøl (2007 - 2007)		1	10	1	10												
Bjørn J. Morstad (2016 - )		1	10	1	10												
Bjørn Kristiansen (2017 - )		1	10	1	10												
Bjørn Skrepstad (2005 - 2005)		1	10	1	10												
Bjørnar Johannessen (2017 - )		1	10	1	10												
Bjørnar Lund (2013 - 2013)		1	10	1	10												
Bjørnar Valstad (2011 - 2011)		1	10			1	10										

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askemila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Bård Jansen (1998 - 1998)		1	10	1	10												
Carl Emil Askildsen (2008 - 2008)		1	10	1	10												
Carl Rønningen (2013 - 2013)		1	10											1	10		
Cato Solberg (1999 - 1999)		1	10	1	10												
Christian Jørgensen (2007 - 2007)		1	10	1	10												
Christian Petersen (2006 - 2006)		1	10	1	10												
Claes (Holland) (2024 - )		1	10			1	10										
Daphne Wiggers de Vries (2007 - 2007)		1	10	1	10												
Debutant NN-1 (2010 - )		1	10	1	10												
Debutant NN-2 (2010 - )		1	10	1	10												
Debutant NN-3 (2010 - )		1	10	1	10												
Debutant NN-4 (2017 - )		1	10	1	10												
Debutant NN-5 (2017 - )		1	10	1	10												
Dr. John Riise (2015 - 2015)		1	10			1	10										
Edle Berg (2018 - )		1	10													1	10,0
Einar Bruneau (2021 - )		1	10			1	10										
Einar Østvold (2008 - 2008)		1	10	1	10												
Eirik "Bandy" (2023 - )		1	10	1	10												
Eirik Brynildsen (2024 - )		1	10			1	10										
Eirik Nilseng (2021 - )		1	10							1	10						
Eirik Ågård (2016 - 2016)		1	10			1	10										
Eivind Tandrevold (2016 - )		1	10	1	10												
Eivind Tvetter (2011 - 2011)		1	10	1	10												
Elena Grand (2018 - )		1	10	1	10												
Elias Rambøl Alme (2025 - )		1	10											1	10		
Ellen Korsmo (2010 - 2010)		1	10			1	10										
Endre Roald Rynning (2016 - )		1	10	1	10												
Erik Bagle (2003 - 2003)		1	10	1	10												
Erik Bakken (2010 - )		1	10	1	10												
Erik Dybvig (2015 - 2015)		1	10	1	10												
Erik Gaaseidnes (2022 - )		1	10													1	10,0

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askemila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Erik Leer (2013 - 2013)		1	10	1	10												
Erik Skas (2006 - 2006)		1	10	1	10												
Erik Ålgård (2017 - )		1	10			1	10										
Erlend Morthen (2019 - )		1	10			1	10										
Espen Paus (2018 - )		1	10	1	10												
Espen Stjernholdt(lm?) (X?) (2001 - 2006)		1	10	1	10												
Esther Eikelenstam (2013 - 2013)		1	10	1	10												
Finn Hallen (2010 - )		1	10	1	10												
Folkert Visser (2006 - 2006)		1	10	1	10												
Frank Jensen (2017 - )		1	10			1	10										
Frank Tindvik (2025 - )		1	10											1	10		
Fredrik ? (2012 - 2012)		1	10	1	10												
Fredrik Horn (2015 - 2015)		1	10	1	10												
Fredrik Justnes (2019 - )		1	10			1	10										
Fredrik v.d. Horst (2019 - )		1	10			1	10										
Frode A. (2026 - )		1	10	1	10												
Geir Brunsvik (2014 - 2014)		1	10			1	10										
Geir Moholdt (2006 - 2006)		1	10	1	10												
Geir Rismyhr (2016 - )		1	10	1	10												
Geir Skari (2009 - 2009)		1	10	1	10												
Geir Sletten (2012 - 2012)		1	10	1	10												
Gerrit Baarda (2009 - 2009)		1	10	1	10												
Gjest Bymiljømila (2023)		1	10									1	10				
Gunnar Lundring (2011 - 2011)		1	10	1	10												
Gunnar Staff (2004 - 2004)		1	10	1	10												
Hans Hvalsøren (2007 - 2007)		1	10	1	10												
Hans Ingar Lefsaker (2014 - 2014)		1	10			1	10										
Hans Mathisen (2014 - 2014)		1	10			1	10										
Hans Risberg (2002 - 2002)		1	10	1	10												
Harald Rygh (2007 - 2007)		1	10	1	10												
Helen Tveitan (2007 - 2007)		1	10	1	10												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Helge Amble Larsen (2007 - 2007)		1	10	1	10												
Helge Rognerud (2004 - 2004)		1	10	1	10												
Helle Dølvik (2022- )		1	10			1	10										
Henning fra Honningsvåg (2010 - )		1	10	1	10												
Henning NN (2010 - 2010)		1	10			1	10										
Henrik Mühlbreadt (2007 - 2007)		1	10	1	10												
Henrik Sigveland (2021 - )		1	10			1	10										
Henrik Wingerei (2013 - 2013)		1	10	1	10												
Haakon H. (2022 - )		1	10							1	10						
Håkon Solvik (2003 - 2003)		1	10	1	10												
Håvard Haraldsen (2017 - )		1	10	1	10												
Håvard NN (2021 - )	Nore?	1	10											1	10		
Ida Musjord (2013 - 2013)		1	10	1	10												
Ingrid Bøylestad (2003 - 2003)		1	10	1	10												
Ingvar Pettersen (2021 - )		1	10			1	10										
Isak Kvernø (2006 - 2006)		1	10	1	10												
Jan Asle Hesla (2011 - 2011)		1	10	1	10												
Jan Olav Aasbø (2013 - 2013)		1	10											1	10		
Janne (2008 - 2008)		1	10													1	10,0
Jens Petter Homleid (2025 - )		1	10											1	10		
Joar Hvitting (2017 - )		1	10					1	10								
John Øyvind Hauger (2014 - 2014)		1	10					1	10								
Jon Brynildsen (2008 - 2008)		1	10	1	10												
Jon Gauterud (2018 - )		1	10	1	10												
Jon Ingulf Medbø (2014 - 2014)		1	10					1	10								
Jon Land (2015 - 2015)		1	10	1	10												
Jonas Skjærseth (2016 - )		1	10	1	10												
Jonas Vesterhus (2021 - )		1	10					1	10								
Jostein Erlandsen (2013 - 2013)		1	10	1	10												
Jørgen Anker-Rasch (2016 - )		1	10	1	10												
Jørgen Mugaas Andresen (2016 - 2016)		1	10					1	10								

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Jørgen Nordås (2007 - 2007)		1	10	1	10												
Jørn ?N.N. (2015 - 2015)		1	10			1	10										
Karl Erik Morthen (2021 - )		1	10			1	10										
Karl Magnus Kalvik (2014 - 2014)		1	10			1	10										
Kenneth Harlem (2013 - 2013)		1	10	1	10												
Kent Edvardsen (2007 - 2007)		1	10	1	10												
Kjetil Hansen (2010 - )		1	10	1	10												
Kjetil Jakobsen (2023 - )		1	10			1	10										
Kristian Evensen (2008 - 2008)		1	10	1	10												
Kristian Morthen (2021 - )		1	10			1	10										
Kristian Winje (2017 - )		1	10	1	10												
Kyrre Tveit (2003 - 2003)		1	10	1	10												
Kåre Ranheim (2003 - 2003)		1	10	1	10												
L. Bjelke (2021 - )		1	10			1	10										
Lars Arntzen (2002 - 2002)		1	10	1	10												
Lars Disen (2021 - )		1	10			1	10										
Lars Farnes (2023 - )		1	10					1	10								
Lars Kvam (2018 - )		1	10	1	10												
Lars Kvaalen (2006 - 2006)		1	10													1	10,0
Lars Loe (2021 - )		1	10			1	10										
Lars Marius Luten (2011 - 2011)		1	10	1	10												
Lars Mikkelsen (2007 - 2007)		1	10	1	10												
Leif Longva (1999 - 1999)		1	10	1	10												
Linus August Risnes (2021 - )		1	10											1	10		
Lockert (2000 - 2000)		1	10	1	10												
Majken Gundersen (2015 - 2015)		1	10											1	10		
Mari Hemmer (2018 - )	ASK	1	10									1	10				
Marianne Uhr (2000 - 2000)		1	10	1	10												
Marion Nilsen (2000 - 2000)		1	10	1	10												
Martin Fagna (2004 - 2004)		1	10	1	10												
Martin Solheim Siegler (2009 - 2009)		1	10	1	10												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Maureen van den Brink (2018 - )		1	10	1	10												
Michael (Belarus) (2015 - 2015)		1	10			1	10										
Miika Klevstuen (2023- )	OSK	1	10			1	10										
Mike Bloms (2025 - )		1	10	1	10												
Mikkel Storm Glomstein (2015 - 2015)		1	10	1	10												
Mireille Boode (2004 - 2004)		1	10	1	10												
Morten Brauer (2011 - 2011)		1	10	1	10												
Morten Fismens (2025 - )		1	10			1	10										
Morten Aasebø (2016 - )		1	10	1	10												
N.N (Hockeyspiller) (2017 - )		1	10	1	10												
N.N. - 0117 (2017 - )		1	10			1	10										
N.N. - 0217 (2017 - )		1	10			1	10										
N.N. - 0317 (2017 - )		1	10			1	10										
N.N. (2016 - 2016)		1	10			1	10										
N.N. (2024 - 2024)		1	10			1	10										
N.N.-0702 Nederlender (2025 - 2025)		1	10									1	10				
N.N.-0702 Turskøyter (2025 - 2025)		1	10									1	10				
Nederlandsk Gjest (2023)		1	10	1	10												
Nederlandsk jente NN (2010 - 2010)		1	10			1	10										
Nederlender NN (2013 - 2013)		1	10	1	10												
Nicolay Alexandersen (2015 - 2015)		1	10	1	10												
Nils Bjørn Sæbø (2004 - 2004)		1	10	1	10												
Nils Petter Fremming (2017 - )		1	10	1	10												
Nina Hovland (2010 - )		1	10	1	10												
NN 2015-16 (2015 - 2015)		1	10	1	10												
Oddvar (2003 - 2003)		1	10	1	10												
Oddvar M Stenshaug (156?) (2011 - 2011)		1	10	1	10												
Ola Bognøy Jonassen (2024 - )		1	10			1	10										
Ola Lone (2016 - )		1	10	1	10												
Ola Sveen (2015 - 2015)		1	10	1	10												
Olav Gundersen (2003 - 2003)		1	10	1	10												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Olav Kvaalen (2006 - 2006)		1	10													1	10,0
Olav Ulven (2021 - )		1	10			1	10										
Olav Vannebo (2011 - 2011)		1	10			1	10										
Ole Fosse (2017 - )		1	10	1	10												
Ole Jacob Christensen (2024 - )		1	10			1	10										
Ove Bergestuen (2018 - )		1	10	1	10												
Paul LeClercq (2014 - 2014)		1	10	1	10												
Per Erlin Michelsen (2005 - 2005)		1	10	1	10												
Peter de Wilde (2008 - 2008)		1	10	1	10												
Peter Westerberg (2014 - 2014)		1	10	1	10												
Petter Berntsen (2007 - 2007)		1	10	1	10												
Petter Morstad (2001 - 2001)		1	10	1	10												
Paal Stømme (2013)		1	10	1	10												
Ragnar Sjøgaard (2008 - 2008)		1	10	1	10												
Rangvald Næss (2013)		1	10	1	10												
Rasmus Nilsen (2012 - 2012)		1	10	1	10												
Raudskjegg von Ålesund (2014 - 2014)		1	10			1	10										
Roar Øvstedal (2008 - 2008)		1	10	1	10												
Robert NN (2010 - 2010)		1	10			1	10										
Robert Solvang (2003 - 2003)		1	10	1	10												
Ronald (2011 - 2011)		1	10	1	10												
Ruben Andersen (2017 - )		1	10	1	10												
Rune Saraksen (2006 - 2006)		1	10	1	10												
Sigbjørn Reitan (2021 - )		1	10			1	10										
Sindre Mørk (2017 - )		1	10	1	10												
Sindre Sangnes (2016 - )		1	10	1	10												
Sondre Kvaalen (2016 - 2016)		1	10			1	10										
Staffan Korsviken (2016 - )		1	10	1	10												
Steen Solfeld (1999 - 1999)		1	10	1	10												
Stein Brudal (2001 - 2001)		1	10	1	10												
Stein Ivar Leidland (2011 - 2011)		1	10	1	10												

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askemila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Stein Resland (2013 - 2013)		1	10			1	10										
Steinar Myhr (2018 - )		1	10	1	10												
Steven A. Levine (2007 - 2007)		1	10	1	10												
Stian Haugland (2013)		1	10											1	10		
Stig Halvorsen (2002 - 2002)		1	10	1	10												
Stine Finsland (2019 - )		1	10							1	10						
Ståle Njåtun (2023- )	Asker SK	1	10											1	10		
Svein Kåre Aas (2021 - )		1	10											1	10		
Tamara Loos (2010 - )		1	10	1	10												
Terje Gangås (2017 - )		1	10	1	10												
Terje Julusmoen (2011 - 2011)		1	10	1	10												
Therese Der Heyleweghen (2021 - )		1	10			1	10										
Thomas Dalsrud (2007 - 2007)		1	10	1	10												
Thomas Furulys (2025 - )		1	10	1	10												
Thomas Tygh (2015 - 2015)		1	10	1	10												
Thor Simonsen (2003 - 2003)		1	10	1	10												
Thoralf Riiser (2011 - 2011)		1	10	1	10												
Thorgeir Hones (2022 - )		1	10			1	10										
Tom Stener Brnden (2005 - 2005)		1	10	1	10												
Tor Magne Vesterhus (2021 - )		1	10			1	10										
Tor Ringstad (2006 - 2006)		1	10	1	10												
Torbjørn Lie (2008 - 2008)		1	10	1	10												
Tore Hovda (2016 - )		1	10	1	10												
Torgeir Hernes (2021 - )		1	10			1	10										
Torgeir Rundsveen (2024 - )	S. Fron	1	10			1	10										
Torstein Valvik (2009 - 2009)		1	10	1	10												
Trond Hofsen (2000 - 2000)		1	10	1	10												
Trond Osvoll (2015 - 2015)		1	10	1	10												
Trond Steinskog (2005 - 2005)		1	10	1	10												
Trond Vatn (2012 - 2012)		1	10	1	10												
Trudie Bonthuiss (2025 - )		1	10			1	10										

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Truls Pedersen (2013)		1	10	1	10												
Trygve Reitan (1999 - 1999)		1	10	1	10												
Ulf Bergestuen (2018 - )		1	10	1	10												
Vidar Aarholt (2025 - )		1	10			1	10										
Wenche Wikstrand (2018 - )		1	10	1	10												
Øivind Semb Mathisen (2018 - )		1	10	1	10												
Øystein Groven (2002 - 2002)		1	10	1	10												
Øyvind Degenes (2018 - )		1	10	1	10												
Øyvind Kvangardsnes (2013)		1	10	1	10												
Øyvind Midtgård (2013)		1	10	1	10												
Øyvind Molzan (2008 - 2008)		1	10	1	10												
Øyvind Skarsholt (2024 - )		1	10											1	10		
Anders Glorvigen (2014 - 2014)		1	5			1	5										
Asbjørn Brun (2005 - 2005)		1	5	1	5												
Daniel A. Hektoen (2007 - 2007)		1	5	1	5												
Einar Adland (2014 - 2014)		1	5			1	5										
Grete Rian (2012 - 2012)		1	5	1	5												
Halvor Lutnes (2014 - 2014)		1	5			1	5										
Helge Birkelund (2007 - 2007)		1	5	1	5												
Jørgen Kåsine Bryn (2000 - 2000)		1	5	1	5												
Kjell O. Sætrhre (2009 - 2009)		1	5	1	5												
Kjell S. Langva (2002 - 2002)		1	5	1	5												
Lars Istre (2014 - 2014)		1	5			1	5										
Leif Ekos (2013 - 2013)		1	5	1	5												
Leif Sønju (2014 - 2014)		1	5	1	5												
Marius Massey (2013)		1	5	1	5												
Mathilde Wærstad (2013 - 2013)		1	5	1	5												
Ole Fremstad (2005 - 2005)		1	5	1	5												
Per Kristoffer Meyer (2008 - 2008)		1	5	1	5												
Per Nørgaard Sørensen (2009 - 2009)		1	5	1	5												
Pernille (2010 - )		1	5	1	5												
Thomas Lilloe (2021 - )		1	5			1	5										
Tom Harwiss (2021 - )		1	5			1	5										

Navn	Klubb	Ant	KM	LIK-mila		Silkemila		Mandagsmila		Askermila		Bymiljømila		Champagne		MedisterMaraton	
				Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM	Ant.	KM
Trine Halvorsen (2021 - )		1	5			1	5										
Trond NN (2010 - )		1	5	1	5												