



## Rangliste Piger/damer 2024

Opdateret d. 05-01-2025

### 100m.

Klara S Loessl. -2002	12,29s	2018	2,0
Sarah Jansteen Eskesen -2007	12,56s	2023	1,8
Ashley Gnanogoh -2005	12,61s	2023	1,0
Cecilie G Færge, -2003	12,69s	2019	1,6
Stine Baastrup Tingbæk -2005	12,78s	2021	1,7
Helle Sørensen, 65	12,6s	1979	
Filippa Maja Roug -2009	12,81s	2023	1,8
Nanna Grubert -2004	12,82s	2021	1,7
Caroline Wammen -2004	12,91s	2019	1,7
Louise Bisgaard -2007	13,09s	2023	0,8
Signe Kensø - 2006	13,09s	2023	0,8
Frederikke H Mortensen, 98	12,93s	2015	1,2
Maria L. Jensen, 90	12,94s	2009	
Pia Christiansen -1966	12,8s	1984	
Louise K. Højland -1980	12,8s	1994	
Ida Lønne Jespersen -2000	13,20s	2017	1,6
Frederikke Weinreich Lundberg -2007	13,20s	2021	1,8
Ida Harlev, 1979	13,30s	1994	
Selma Bertram -2003	13,33s	2017	0,7
Caroline Ranners, 1995	13,41s	2010	0,1
Tina Nilsson, 61	13,2s	1979	
Jette Simonsen, 66	13,3s	1980	
Astrid Wied-Christiansen, 95	13,60s	2010	0,6
Helle Mortensen, 60	13,4s	1973	
Lilli Børger, 62	13,4s	1984	
Mathilde W Ulendorf, 94	13,68s	2010	0,7
Pernille Schnieder, 89	13,69s	2004	
Maria Purtoft, 84	13,82s	1999	
Marianne Lose, 65	13,6s	1979	
Gitte Hejberg, 66	13,6s	1982	
Majken Lützen, 2003	13,88s	2016	1,0
Rikke Poulsen, 88	13,92s	2002	
Freja Koerstz-Madsen -2002	13,93s	2017	0,3
Rebecca Spiegelhauer -2002	13,93s	2017	-0,6

Betina Lund, 61	13,7s	1985	
Antje Madsen, 60	13,8s	1973	
Hanne Christensen, 60	13,8s	1973	
Charlotte Christiansen, 69	13,8s	1983	
Maj-Britt Svendsen, 67	13,8s	1985	
<b>plus w</b>			
Fillipa Roug -2005	12,47s	2023	2,9
Elise Martens -2008	12,78s	2023	3,2
Louise Bisgaard -2007	13,31s	2021	2,8

<b>200m.</b>			
Fillipa Roug -2005	25,99s	2023	0,7
Sarah Jansteen Eskesen -2007	26,03s	2021	1,9
Cecilie G Færge, -2003	26,24s	2018	1,2
Klara Skriver Loessl, -2002	26,51s	2017	1,0
Caroline Vammen, -2004	26,64s	2019	-2,3
Helle Sørensen, 1965	26,0s	1979	
Nanna Grubert -2004	26,79s	2019	0,5
Ashley Gnanogoh -2004	26,84s	2018	-1,9
Frederikke Mortensen, 1998	26,86s	2014	0,0
Pia Christiansen, 1966	27,01s	1984	
Maria L Jensen, 1990	27,10s	2007	
Stina Baandrup Tingbæk -2005	27,14s	2021	1,8
Louise K. Højland, 1980	27,0s	1995	
Nanna Grubert, 2004	27,28s	2021	1,1
Signe Kensø -2006	27,31s	2023	0,0
Louise Bisgaard -2007	27,36s	2023	0,0
Ida Harlev, 79	27,38s	1996	
Selma Bertram -2003	27,38s	2018	-1,4
Ida Lønne Jespersen, 2000	27,58s	2017	1,8
Tessa Strand, 98	27,60s	2015	1,9
Majkel Lützen -2003	27,65s	2018	0,8
Tina Nilsson, 1961	27,5s	1979	
Trine Siserslev, 1979	27,5s	1998	
Emma Lumholt -2005	27,99s	2024	1,9
Caroline Ranners, 1995	28,04s	2010	0,4
Antje Madsen, 1961	28,1s	1977	
Gro Budek, 1997	28,48s	2012	-1,2
Josefine Rasander, 2001	28,51s	2015	1,8
Marianne Lose, 1965	28,4s	1978	
Jette Simonsen, 1966	28,3s	1980	

Lilli Børger, 1962	28,3s	1984	
Ashley Gnanogoh -2005	28,59s	2017	0,1
Susanne Vedel, 1963	28,5s	1979	
Majken Lützen, 2003	28,70s	2016	0,4
Maria Purtoft, -1984	28,7s	1997	
Betina Lund, 1961	28,8s	1985	
Malene Lund, 1967	28,9s	1981	
Christina Engmark, 1980	29,25s	1996	
Christina Holm, 1988	29,34s	2004	
Mathilde Riis, 1999	29,43s	2014	0,1
Rebecca Speigelhauer, 2002	29,49s	2015	1,2
Pia Bech, 80	29,66s	1995	
Alma Sættrup, 2003	29,66s	2016	-0,4
Gitte Hejberg, 66	29,5s	1982	
Cecilia S Jørgensen, 97	29,77s	2011	-1,4
Ida Marie Andresen -2004	29,79s	2017	1,3
Henriette Weywadt, 69	29,6s	1984	
Ann Ipsen 67	29,81s	2018	-0,2
Berit Holm, -1979	29,95s	1993	
Astrid Le Fevre, -1999	29,99s	2013	-3,9
Helena B Matz, -2002	30,09s	2014	1,4
Louise Hillersborg, -1991	30,18s	2006	
Rikke Poulsen, -1988	30,28s	2002	
Astrid Wied-Christiansen, -1995	30,47s	2009	
Josefine Jensen, -1990	30,55s	2003	

### Med for meget vind eller ikke målt

Nanna Grubbert -2004	26,51s	2021	2,8
Louise Bisgaard -2007	26,57s	2023	2,8
Signe Kensø -2006	26,84s	2023	2,8
Ida Lønne Jespersen -2000	27,14s	2017	2,4
Christina Holm, 88	29,19s	2003	
Josefine Jensen, 90	29,69s	2003	

### 300m.

Cecilie Gedsø Færge -2003	42,69s	2017
Majken Lützen -2003	42,70s	2018
Nanna Grubert, 2004	42,79s	2018
Caroline Vammen -2004	42,84s	2018
Tessa Strand -1998	44,42s	2015
Selma Bertram -2003	44,49s	2017
Frederikke Lundberg -2007	45,19s	2021
Luna Haugaard Christensen -2005	45,25s	2019

Filippa Roug -2005	45,54s	2019
Alma Sættrup -2003	45,79s	2018
Mathilde Riis -1999	46,67s	2014
Josefine Rasander -2001	47,27s	2015
Helena Matz -2002	47,30s	2014
Lærke Elgaard Larsen -2005	48,72s	2019
Frederikke Mortensen -1998	48,0s	2011
Emma Vinten -2004	49,02s	2019
Mille Holck Larsen -2007	49,03s	2021
Marie Kaare Nordstrøm -2003	49,07s	2017
Sofie Christensen -2000	49,74s	2015
Iben Tønnesen -2000	49,97s	2013
Olivia Kellberg -2003	50,09s	2018
Laura Ursø -1997	50,38s	2011
Laura Witt, 2001	50,49s	2015
Line Slot Nielsen, 2001	51,07s	2015
Annika Holther Olesen -2005	51,07s	2018
Gro Budek -1997	51,73s	2009
Line S Nielsen -2001	53,92s	2014
Ditte Münch -2005	54,07s	2019
Annabella Rose Schmidt -2007	54,76s	2019

#### 400m.

Majken Lützen -2003	58,63s	2019
Caroline Vammen -2004	1,00,39m	2018
Trine Sierslev -1979	1,00,23m	1997
Cecilie Gedsø Færge -2003	1.01,26m	2019
Regitze Slatanach -1972	1,01,4m	1988
Helle Sørensen, 65	1,01,9m	1979
Tessa Strand, 98	1,02,39m	2014
Eva Behrmann -1993	1.02,40m	2024
Susanne Vedel, 63	1,02,2m	1977
Betina Dahl, 66	1,02,4m	1980
Helle Mortensen, 60	1,02,5m	1973
Maria L. Jensen, 90	1,02,92m	2005
Karin Condell, 72	1,03,3m	1988
Naomi Elkington, 64	1,03,4m	1979
Luna Haugaard Christensen -2005	1.04,11m	2020
Freja K Madsen- 2002	1.04,40m	2018
Alma Sættrup, 2003	1,04,60m	2017
Katarina Tesalapatis, 74	1,04,5m	1988
Selma Bertram -2003	1.04,76m	2018
Anne Kathrine Pedersen, 94	1,04,77m	2012
Jette Simonsen, 66	1,04,8m	1981

Jane Nielsen, 71	1,04,8m	1985
Marianne Lose, 65	1,04,9m	1979
Ida Harlev, 79	1,05,51m	1997
Frederikke Mortensen, 98	1,05,62m	2012
Mathilde Riis, 99	1,05,62m	2014
Tina Nilsson, 61	1,05,5m	1979
Hanne Flygenring, 64	1,05,5m	1982
Astrid Wied-Christiansen, 95	1,06,95m	2010
Annika Holther Olesen -2005	1,07,51m	2019
Christina Engmark, 80	1,07,65m	1996
Fillipa Roug -2005	1.07,78m	2019

### 800m.

Majken Lützen -2003	2.12,72m	2019
Regitze Slatanach -1972	2.14,81m	1988
Jane Nielsen -19 71	2.19,4m	1986
Trine Sierslev -1979	2.20,62m	1998
Alma Sættrup -2003	2.20,64m	2018
Betina Dahl -1966	2.21,0m	1980
Karin T. Hansen -1965	2.22,72m	1984
Mia Van Wagenen - 1999	2.22,88m	2017
Rikke Mogensen -1971	2.23,3m	1986
Camilla Jakobsen -1971	2.23,36m	1986
Caroline Røsgaard-Jessen -2002	2.24,34m	2018
Susanne Vedel -1963	2.24,4m	1977
Luna Haugaard Christensen -2005	2.24,81m	2020
Naomi Elkington -1964	2.25,0m	1979
Annette Otterdahl -1970	2.27,52m	1986
Tessa Strand -1998	2.27,72m	2014
Karin Cundell -1972	2.28,32m	1988
Mathilde Riis -1999	2.28,98m	2014
Anna Toft Boesen -2007	2.29,92m	2021
Nikoline Asta Hervig Clement -1999	2.30,89m	2014
Annette Dworak -1966	2.31,4m	1978
Diana Jacobsen -1998	2.32,98m	2014
Natasha Haugsted -1991	2.33,15m	2007
Kirsa Wirth -2006	2.33,40m	2020
Tina Unger -1970	2.33,65m	1985
Dorthe Rasmussen -1980	2.33,8m	1994
Pernille Schneider -1989	2.34,12m	2003
Henriette Weywadt -1969	2.34,9m	1983
Caroline Vammen -2004	2.35,13m	2018
Mia B. Andersen -1992	2.35,52m	2006
Olivia Kellberg -2003	2.35,71m	2018

Lisbeth Ketels -1965	2.35,9m	1981
Cecilie H Christensen -1992	2.37,93m	2008
Anita Belza -1973	2.38,5m	1987
Maria L. Jensen -1990	2.39,16m	2006
Hilde Breum -1986	2.39,17	2003
Katja Müllertz -1990	2.39.8m	2003
Ida Harlev -1979	2.40,10m	1997
Ida Lønne Jespersen -2000	2.41,28m	2017
Helena Matz -2002	2.41,63m	2014

### 1000m.

Regitze Slatanach -1972	3.00,20m	1990
Trine Sierslev -1979	3.01,31m	1998
Camilla Jakobsen -1971	3.04,6m	1987
Jane Nielsen -1971	3.05,7m	1987
Majken Lützen -2003	3.06,65m	2016
Betina Dahl -1966	3.07,4m	1979
Kirsa Wirth -2006	3.13,52m	2020
Annette Otterdahl -1970	3.14,7m	1987
Natasha Haugsted -1991	3,16,6m	2007
Annette Dworak -1966	3.18,5m	1978
Alma Sættrup -2003	3.19,14m	2016
Mathilde Riis -1999	3.20,58m	2014
Helena B. Matz -2002	3.21,27m	2014
Astrid C. Risager -2001	3.22,24m	2013
Susanne Vedel -1963	3.24,8m	1977
Mathilde Grønlund Rasmussen -2003	3.24,65m	2016
Pernille Schneider -1989	3.25,49m	2002
Tessa Strand -1998	3.25,61m	2014
Nikoline A H Clement -1999	3.26,02m	2014
Josephine Müller -1998	3.27,48m	2011
Cecilie H Christensen -1992	3,28,94m	2007
Kirsten Simonsen -1968	3.30,0m	1981
Dorthe Rasmussen -1980	3.31,28m	1993
Naomi Elkington -1964	3.32,0m	1978
Laura Witt, 2001	3.33,48m	2013
Mia B. Andersen -1992	3.33,98m	2005
Anna Toft Boesen -2007	3.34,71m	2018
Sofie Christensen -2000	3.34,90m	2012
Sanne M. Andersen -1980	3.37,66m	1993
Maria L Jensen -1990	3.38,98m	2002
Annika Holther Olesem -2005	3.39,16m	2017

### 1500m.

Trine Sierslev -1979	4.38,89m	2001
Regitze Slatanach -1972	4.40,69m	1990
Karin T. Hansen 1965	4.41,8m	1984
Camilla Jakobsen, 71	4.43,8m	1988
Mia Leerbeck Van Wagnen, 1999	4.44,17m	2017
Rikke Mogensen, 71	4.48,2m	1986
Alma Sõttrup, 2003	4.52,05m	2018
Betina Dahl, 66	4.52,6m	1980
Caroline Rødgaard Jessen, 2002	4.55,51m	2018
Annette Otterdahl, 70	4.59,0m	1985
Jane Nielsen, 71	5.01,1m	1985
Naomi Elkington, 64	5.03,0m	1979
Maiken Lützen, 2003	5.03,23m	2015
Karin Cundell, 72	5.06,5m	1989
Anna Toft Boesen -2007	5.08,44	2020
Susanne Vedel, 63	5.10,7m	1977
Kirsa Wirth -2006	5.11,10m	2020
Kamilla Kajbæk, 1999	5.11,23m	2017
Helle Burlin, 67	5.12,2m	1983
Katja Müllertz 1990	5.12,71m	2007
Cecilie H Christensen, 92	5.14,20m	2008
Tina Unger, 70	5.14,87m	1984
Annika Holther Olesen -2005	5.15,25m	2019
Tessa Strand, 98	5.15,70m	2013
Josefine Munksdorf -2002	5.16,07m	2020
Annette Dworak, 66	5.16,5m	1978
Mathilde G Rasmussen, 2003	5.17,23m	2015
Nikoline A H Clement, 99	5.20,30m	2013
Hanne Flygenring, 64	5.22,7m	1983
Mathilde Riis, 99	5.23,96m	2015
Louise Danborg, 95	5,25,07m	2010
Natasha Haugsted, 91	5.26,90m	2006
Eva Behrmann 1993	5,27,62m	2024
Kirsten Simonsen, 68	5.29,3m	1980
Olivia Kellberg -2003	5.31,13m	2018
Rikke Ulslev Degn -1975	5.37,93m	2017
Mia B Andersen, 92	5.39,25m	2005
Ane Kathrine Pedersen, 94	5.39,48m	2012

### **Mile.**

Karin T. Hansen 1965	5.15,5m	1982
Regitze Slatanach -1972	5.16,9m	1990
Annette Otterdahl, 70	5.32,9m	1985
Majken Lützen, 2003	5.39,78m	2015



Tina Unger, 70	5.40,8m	1985
Helle Burlin, 67	5.49,8m	1983
Mathilde Grønlund Rasmussen, 2003	5.53,32m	2016
Trine Sierslev -1979	5.56,5m	1995
Kamilla Kajbæk, 1999	5.59,76m	2016
Tessa Strand, 98	6.03,73m	2014
Mathilde Riss, 99	6.04,12m	2014
Nikoline Asta Hervig Clement, 99	6.08,07m	2014
Diama Jacobsen, 98	6.09,07m	2014
Helena Matz, 2002	6.11,17m	2014
Solvejg Wulf, 2000	6.20,58m	2015
Ida Harlev, 79	6.32,5m	1992
Natasha Clausen, 1999	6.33,37m	2016

### 2000m.

Karin T. Hansen 1965	6.16,7m	1984
Camihla Jakobsen, 71	6.52,9m	1985
Annette Otterdahl, 70	6.53,1m	1985
Caroline Rødgaard Jessen, 2002	7.02,20m	2017
Mathilde Grønlund Rasmussen -2003	7.24,63m	2018

### 3000m.

Karin T. Hansen 1965	9.56,2m	1984
Mia Leerbeck Van Wagnen, 1999	10.06,58m	2017
Camilla Jakobsen, 71	10.09,53m	1988
Regitze Slatanach -1972	10.10,1m	1990
Trine Sierslev -1979	10.22,98m	1999
Rikke Mogensen, 70	10.24,26m	1986
Caroline Rødgaard Jessen, 2002	10.43,06m	2017
Annette Otterdahl, 70	10.45,9m	1985
Alma Søttrup, 2003	10.48,26m	2016
Cecilie H Christensen, 92	10.49,42m	2017
Mathilde Grønlund Rasmussen	10.52,37m	2016
Kamille Kajbæk,99	10.56,95m	2017
Betina Dahl, 66	10.59,6m	1980
Katja Müllertz 1990	10.59,94m	2008
Anna Toft Boesen -2007	11.06,02m	2020
Helle Burlin, 67	11.14,2m	1981
Karin Cundell, 72	11.21,84m	1989
Annika Holther Olesen -2005	11.26,66m	2019
Louise Danborg, 95	11.27,07m	2010
Josephine Müller, 98	11.42,9m	2011
Tina Unger, 70	11.48,3m	1978



**5000m.**

Karin T. Hansen 1965	17.14,3m	1984
Mia Leerbeck Van Wagnen, 1999	17.24,49m	2017
Trine Sierslev -1979	18.13,04m	2003
Katja Müllertz 1990	18.51,99m	2008
Cecilie Hjort. Christensen, 92	19.01,61m	2018
Rikke Mogensen, 71	19.29,9m	1985
Camilla Jakobsen, 71	19.42,0m	1984
Katja Müllertz 1990	19.43,30m	2010
Kamilla Kajbæk, 99	19.45,00m	2016
Josefine Munksdorf -2002	19.54,41m	2020
Alma Sõttrup, 2003	19.57,09m	2016
Mathilde Grønlund Rasmussen, 2003	19.57,63m	2019
Helle Burlin, 67	20.02,5m	1981
Caroline rødgaard-Jessen -2002	20.03,53m	2018
Susanne Christensen, 66	20.12,68m	2005
Olivia Kellerg -2003	20.14,51m	2019
Annika Holther Olesen -2005	20.40,24m	2019
Rikke Ulslev Degn -1975	20.45,35m	2018
Christine Riis, 73	20.50,17m	2014
Laila Hultberg, 69	21.04,3m	1987
Krestine Rasmussen -1971	21.16,26m	2017
Lene Jakobsen, 47	21.45,63m	1987
Ann Y. Hansen, 36	21.54,5m	1991
Solvejg Wulf, 2000	22.29,28m	2015
Susie Spiegelhauer, 70	24.10,47m	2011
Hilte Breum, 86	24.18,45m	2006
Maria Jørgensen, 66	24.23,60m	2006
Pia Jonassen, 65	24.31,53m	2009
Inge Frandsen, 55	24.59,76m	2005

**10000m.**

Karin T. Hansen 1965	35,39,2m	1984
Trine Sierslev -1979	38.26,57m	2004
Rikke Mogensen, 71	39,42,2m	1986
Annette Otterdahl, 70	44,23,2m	1983
Ann Y. Hansen, 36	45,50,6m	1991

**3000m Forhindring**

Trine Sierslev -1979	12.18,62m	2004
Cecilie Christensen 1992	12.25,91m	2008
Katja Müllertz 1990	12.35,48m	2008

**10 km landevej.**

Karin T. Hansen 1965	36,19,6m	1983
Camilla Jakobsen, 71	37,11m	1989
Regitze Slatanach -1972	37,15m	1989
Trine Sierslev -1979	38,33m	2000
Cecilie H Christensen, 92	39,03m	2018
Katja Müllertz 1990	39,04m	2008
Rikke Mogensen, 71	39,12m	1987
Jane Nielsen, 71	40,15m	1986
Helle Burlin, 67	41,13m	1983
Karin Cundell, 72	41,31m	1988
Kamilla Kajbæk -1999	42,00m	
Annette Otterdahl, 70	42,01m	1985
Susanne H Christensen, 66	42,16m	2010
Betina Dahl, 66	43,15m	1979
Kristine Rasmussen 1971	43,24m	2019
Susanne Vedel, 63	44,17m	1981
Naomi Elkington, 64	44,39m	1979
Helle Sørensen, 65	44,46m	1980
Lone Christensen, 66	44,53m	1989
Tina Unger, 70	45,00m	1985
Marianne Mikkelsen	45,17m	1981

### 15 km landevej.

Cecilie H Christensen, 92	1.01,59t	2019
Camilla Jakobsen, 71	1.02,3t	1989
Karin Cundell, 72	1.05.9t	1987

### 20 km landevej.

Marianne Mikkelsen	1,35,15t	1981
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### ½-Marathon.

Cecilie Hjort Christensen 1992	1.27,45t	2018
Katja Müllertz 1990	1,31,55t	2007
Susanne Hjort Christensen, 66	1.34,21t	2010
Laila Hultberg, 69	1,34,27t	1995
Christine Riis, 73	1.29,53t	2014
Ann Y. Hansen, 36	1,43,24t	1991
Jane Ørum, 55	1.47,22t	2010
Pia Jonassen, 65	1,47,48t	2007
Mona Bach -1964	1.50,48t	2018
Lene Jakobsen, 47	1,51,00t	1991
Maria Jørgensen, 66	1.54,54t	2006
Inge Fransen, 55	2.01,44t	2006
Susanne Bruun, 76	2.06,24t	2017

Gitte Jakobsen -1959	2.06,45t	2017
Betina Christensen -1969	2.10,44t	2017
Line Ulendorf, 58	2.14,07t	2010
Hanne Jønsson, 51	2.25,43t	2006
Benthe Poulsen, 52	2.26,02t	2006
Karin L Nielsen, 60	2.26.09t	2010

### Marathon.

Cecilie Hjort Christensen 1992	3.15,6t	2019
Marianne Mikkelsen	3,36,32t	1981
Jane Ørum, 55	3.48,23t	2013
Pia Jonassen, 65	4.09,16t	2006
Ann Y. Hansen,36	4,10,13t	1996

### 5000m Kapgang Bane

Rebecca H. Nielsen, 2000	31.14,2 m	2016
Helle Jensen -1963	34.14,3m	2019

### 10 km Kapgang L

Helle Jensen -1963	1.10,28 t	2020
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### 20 km Kapgang L

Helle Jensen -1963	2.30,54t	2021
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### 100m hæk. 84 cm 13,00-8,50-10,50

Ida Lønne Jespersen -2000	15,40s	2019	0,0
Klara Skriver Loessl -2002	14,49s	2018	1,3
Maria L. Jensen, 90	16,62s	2007	1,3
Ashley Gnanogoh -2005	17,17s	2019	-0,5
Karina Jensen, 66	17,6s	1982	
Rebecca Weiss, 74	18,3s	1990	
Susanne Vedel, 63	18,4s	1979	
Ida Harlev,79	18,5s	1997	
Marianne Lose, 65	18,6s	1980	
Caroline Ranners, 95	18,69s	2012	0,0
Naomi Elkington, 64	19,0s	1980	
Maria Noppenau, 88	19,4s	2003	
Henriette Weywadt, 69	19,5s	1989	
Tine Harlev, 82	19,73s	1999	
Mathilde Riis, 99	19,76s	2014	
Astrid Weid-Christiansen, 95	19,82s	2011	
Pia Bech, 80	19,91s	1996	
Berit Holm, 79	20,18s	1997	
Kristina Madsen, 71	20,2s	1987	

Jane Nielsen, 71	20,3s	1987
Katja Müllertz 1990	20,63s	2009
Annette Brenaa, 65	20,5s	1980
Helle Theil Jensen, 64	20,8s	1998
Cecilie H Christensen, 92	21,50s	2009
Birgitte Vedel, 69	21,3s	1985
Belinda Lauesen, 89	21,7s	2003

### 200m hæk.

Maria L. Jensen, 90	33,89s	2006
Tine Harlev, 82	37,05s	1999
Katja Müllertz 1990	38,48s	2007

### 400m hæk.

Ida Lønne Jespersen -2000	1.10,02m	2019
Freja Koertstz Madsen -2002	1.11,23m	2018
Trine Sierslev,79	1,11,4s	1997
Mathilde Riis, 99	1,14,13s	2015
Katja Müllertz 1990	1,14,53s	2007
Astrid Weid-Christensen, 95	1,15,24s	2015
Ann-Kathrine Pedersen, 94	1,19,98s	2010
Natasha Hausted, 91	1,19,99s	2007
Mathilde Grønlund Rasmussen -2003	1.26,03m	2018
Pernille Schneider, 89	2,02,2s	2002
Henriette Weywadt, 69	2,02,43s	1984
Cecilie H Christensen, 92	2,05,09s	2010
Rikke Poulsen, 88	2,07,11s	2005
Birgitte Vedel, 69	2.07,3s	1984
Belinda Lauesen, 89	3,01,03s	2002

### Længdespring.

Caroline Vammen -2004	5,59m	2018	0,8
Nanna Brubert -2004	5,47m	2019	0,9
Maria L. Jensen. 90	5,38m	2007	
Cecilie Gedsø Færge, 2002	5,37m	2019	-1,4
Flippa Roug -2005	5,34m	2024	0,0
Frederikke Lundberg -2007	5,24m	2023	1
Stine Baastrup Tngbæk -2005	5,22m	2021	1,1
Sarah Jansteen Eskesen -2007	5,19m	2021	0,7
Ida Lønne Jespersen, 2000	5,15m	2017	0,6
Marianne Lose, 61	5,03m	1981	
Anne Marie Sørensen, 66	4,88m	1989	
Caroline Ranners, 95	4,98m	2015	-0,3
Klara Skriver Loessl, 2002	4,85m	2016	1,3

Freja K Madsen -2002	4,85m	2018	1,9
Malene Lund, 67	4,78m	1981	
Pia Christensen, 66	4,77m	1984	
Regitze Slatanach -1972	4,75m	1989	
Tine Harlev, 82	4,69m	1999	
Helle Sørensen, 65	4,67m	1979	
Jette Simonsen, 66	4,65m	1980	
Katarina Tsalapatis, 74	4,65m	1988	
Laura Andersen, 92	4,66m	2006	
Maj-Britt Svendsen, 67	4,60m	1985	
Antje Madsen, 60	4,57m	1973	
Susanne Vedel, 63	4,57m	1979	
Astrid Weid-Christiansen, 95	4,53m	2009	
Tine Tofteng, 66	4,52m	1980	
Maria Noppenau, 88	4,51m	2003	
Ida Harlev, 79	4,49m	2009	
Birgitte Vedel, 69	4,48m	1983	
Christina Holm, 88	4,48m	2003	
Trine Sierslev -1979	4,45m	1997	
Regina J Larsen, 95	4,45m	2010	0,4
Cecillia S. Jørgensen, 97	4,37m	2012	0,0
Charlotte Christiansen, 69	4,35m	1981	
Helena Olesen, 99	4,34m	2014	1,2

### Højdespring.

Caroline Vammen -2004	1,65m	2018	
Mariana Rojas -1994 (Argentina)	1,63m	2023	
Susanne Vedel, 63	1,60m	1979	
Birgitte Vedel, 69	1,60m	1986	
Ida Lønne Jespersen, 2000	1,59m	2019	
Caroline Vammen, 2004	1,59m	2019	
Malene Lund, 67	1,56m	1982	
Ida Harlev, 79	1,55m	1997	
Katja Müllertz 1990	1,52m	2007	
Anna Søtrup Dinesen -2009	1,50m	2024	Indendørs
Helle Mortensen, 60	1,50m	1974	
Jane Rasmussen, 70	1,50m	1984	
Rebecca Weiss, 74	1,50m	1988	
Lærke Elgaard Larsen -2005	1,48m	2021	
Anna Søtrup Dinesen -2009	1,47m	2024	Udensørs
Marianne Lose, 65	1,47m	1980	
Louise Bisgaard -2007	1,45m	2021	
Astrid Le Fevre, 99	1,45m	2013	
Tine Tofteng, 66	1,45m	1982	

Karina Jensen, 66	1,45m	1985
Dorthe Rasmussen, 80	1,45m	1994
Caroline Ranners, 95	1,45m	2011
Rebecca N M Spiegelhauer, 2002	1,44m	2017
Maria L. Jensen, 90	1,43m	2007
Trine Sierslev -1979	1,40m	1994
Gro Budek 97	1,40m	2011
Helena H Olesen, 99	1,38m	2014
Josefine Rasander, 2001	1,38m	2015
Nanna Grubert, 2003	1,37m	2017
Mille Holck Larsen -2007	1,35m	2021
Jane Nielsen, 71	1,35m	1985
Ida Marie Andresen, 2003	1,35m	2017
Katarina Tsalapatis, 74	1,34m	1989
Cecilie Gedsø Færge, 2003	1,34m	2016
Mathilde Riis, 99	1,33m	2013

### Trespring.

Caroline Vammen -2004	11,45m	2018	1,1
Caroline Ranners, 95	10,38m	2015	-1,8
Ida Lønne Jespersen, 2000	10,14m	2018	1,7
Nanna Grubert -2004	10,08m	2019	0,0
Ida Harlev, 79	10,05m	1996	
Maria L. Jensen, 90	9,88m	2006	
Trine Sierslev,79	9,72m	1996	
Gro Budek 97	9,31m	2012	0,0
Katja Müllertz 1990	6,31m	2014	0,0
Regina J Larsen, 95	9,19m	2010	-0,9
Cecilia S Jørgensen, 97	8,46m	2013	2,0
Mona Marthinsen, 88	8,02m	2008	
Annette Brenaa, 65	7,75m	1983	
Cæcilie Rønning, 91	7,36m	2007	

### Stangspring

Caroline Ranners, 95	3,90m	2017
Klara SkriverLoessl, 2002	3,85m	2018
Ida Lønne Jespersen, 2000	3,65m	2019
Rebecca Spiegelhauer, 2002	3,25m	2019
Lærke Elgaard Larsen	3,10m	2021
Elise Sloth Martens -2008	3,00m	2023
Astrid H Le Fevre, 99	2,80m	2014
Line Refsgaard, 2000	2,62m	2016
Astrid Weid-Christiansen, 95	2,60m	2011

Mille Holck Larsen -2007	2,50m	2021
Ida Harlev, 79	2,20m	2010
Maria L. Jensen, 90	2,05m	2004
Gro Budek, 97	2,10m	2012
Natasha Hausted, 92	1,94m	2008
Laura Ursø, 97	1,90m	2011
Helena Matz, 2002	1,85m	2014
Mathilde Riis, 99	1,80m	2013
Mille Holck Larsen -2007	1,80m	2020
Frederikke Mortensen, 98	1,30m	2011

### Kuglestød. 4. kg

Rebeca Spiegelhauer -2002	12,59m	2024
Marianne Lose, 65	11,92m	1982
Elsebeth Nielsen, 62	11,19m	1983
Amalie Pfeiffer, 2001	11,08m	2017
Maria L. Jensen, 90	11,07m	2010
Connie Holm, 56	10,75m	1995
Margaret Darkwa -2002	10,18m	2021
Tine Tofteng, 66	10,02m	1990
Rebeca Nielsen, 2000	9,92m	2023
Caroline Ranners, 95	9,90m	2015
Ida Harlev, 79	9,83m	1997
Birgite Vedel, 69	9,70m	1985
Margaret Darkwa -2002	9,58m	2019
Rikke Poulsen, 88	9,21m	2004
Anne Marie Sørensen, 66	9,13m	1989
Anne Duer, 67	9,06m	1990
Henriette Weywadt, 69	8,99m	1987
Ida Lønne Jespersen -2000	8,92m	2020
Susanne Vedel, 63	8,90m	1979
Annette Brenaa, 65	8,89m	1985
Antje Madsen, 60	8,86m	1977
Annette Dworak, 66	8,84m	1983
Mathilde Ranners, 97	8,83m	2015
Maria Noppenau, 88	8,62m	2004

### Diskoskast. 1. kg

Maria L. Jensen, 90	36,88m	2010
Amalie Pfeiffer, 2001	36,73m	2017
Marianne Lose, 65	35,00m	1981
Birgitte Vedel, 69	34,06m	1988
Rebecca Jensen -2000	33,83m	2024



Annika Hedelund Nielsen -2008	33,30m	2024
Henriette Weywadt, 69	32,47m	1986
Elsebeth Nielsen, 62	32,21m	1983
Mathilde Ranners, 97	31,89m	2013
Tine Tofteng, 66	30,92m	1990
Connie Holm, 56	30,42m	1994
Annette Brenaa, 65	29,94m	1984
Rebecca Speigelhauer - 2002	29,60m	2024
Susanne Vedel, 63	29,08m	1979
Antje Madsen, 60	28,40m	1984
Tina Nilsson, 61	28,15m	1980
Ida Harlev,79	28,10m	2009
Maria Noppenau, 88	27,58m	2005
Rikke Poulsen, 88	27,31m	2004
Anne Duer, 68	27,12m	1990
Hanne Christensen, 60	26,59m	1978

### **Spydkast. 600 g (nyt spyd)**

Maria L. Jensen, 90	49,99m	2009
Rebeca Speigelhauer -2002	35,49m	2024
Ida Harlev, 79	30,54m	2010
Rebecca Jensen -2000	30,13m	2020
Amalie Pfeiffer, 2001	28,30m	2015
Connie Holm, 56	28,09m	2004
Ida Lønne Jespersen 2000	25,41m	2020
Margaret Darkwa -2002	28,24m	2020
Frederikke Mortesen, 1998	25,14m	2016
Freja K Madsen -2002	25,14m	2018
Tracy Agyekum -2001	23,88m	2021
Heidi Pfeiffer, 74	23,59m	2016
Laura Andersen, 92	23,37m	2006
Christina Holm, 88	23,22m	2004
Jeanette Rønning, 65	23,11m	2010
Maria Noppenau, 88	22,23m	2004
Victoria Jørgensen, 2000	21,27m	2015
Nina Engmark, 90	20,86m	2005
Marianne L Engberg, 65	20,77m	2005
Mathilde Rannes, 97	20,82m	2012
Katja Müllertz 1990	20,17m	2005
Rikke Poulsen, 88	20,14m	2004
Ceciliea S Jørgensen, 97	19,07m	2011
Heidi Pfeiffer Poulsen -1974	19,04m	2018
Natasha Hausted, 92	18,30m	2008
Christina G Færge, 73	18,16m	2011

**Spydkast. 600 g (gl. spyd)**

Anne Duer, 68	37,04m	1989
Henriette Weywadt, 69	34,87m	1986
Anne Marie Sørensen, 66	33,36m	1989
Tine Tofteng, 66	33,31m	1983
Amalie Pfeiffer Nissen -2001	33,20m	2017
Susanne Vedel, 63	32,41m	1981
Connie Holm, 56	31,46m	1997
Marianne Lose, 65	31,12m	1981
Birgitte Vedel, 69	30,90m	1988
Pia Christensen, 66	30,02m	1984
Jette Simonsen, 66	29,35m	1984
Karina Jensen, 66	29,32m	1983
Marina Lund, 65	29,15m	1981
Helle Mortensen, 60	28,98m	1974
Ida Harlev, 79	27,48m	1997
Annette Dworak, 66	26,85m	1983

**Hammerkast. 4,0 kg**

Rebecca Speigelhauer -2002	51,57m	2024
Maria L. Jensen, 90	38,03m	2010
Rebecca Jensen, 2000	36,70m	2023
Freja K Madsen -2002	33,68m	2019
Mette Marie Jensen -2001	33,46m	2019
Belinda Lauesen, 89	32,99m	2008
Susanne Vedel, 63	29,93m	1981
Ida Harlev, 79	29,54m	2009
Rikke Poulsen, 88	29,46m	2004
Elsebeth Nielsen, 62	29,10m	1983
Tine Tofteng, 66	27,10m	1983
Doris Jørgensen, 68	23,62m	2008
Maria Noppenau, 88	21,25m	2004
Marianne L. Engberg, 65	21,65m	2007
Connie Holm, 56	21,64m	2012
Jeanette Rønning, 65	21,59m	2015
Nina Engmark, 90	20,74m	2008
Regina J Larsen, 95	20,18m	2011
Annette Brenaa, 65	19,60m	1983
Pia Jonassen, 65	19,58m	2008
Annette Dworak, 66	18,41m	1983

**Vægtkast 9.072 kg**

Rebecca Spiegelhauer 2002	13,17m	2020
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Rebecca Jensen -2000	11,55m	2023
Maria L. Jensen, 90	10,89m	2009
Marianne L. Engberg, 65	8,01m	2005
Rikke Poulsen, 88	7,80m	2005
Connie Holm, 56	7,38m	1997
Maria Noppenau, 88	6,91m	2005

### **Kaste-3-kamp. Gl. spyd**

*(Kugle-diskos-spyd)*

Marianne Lose, 65	1805p	1980
Henriette Weywadt, 69	1756p	1987
Birgitte Vedel, 69	1699p	1987
Susanne Vedel, 63	1670p	1983
Elsebeth Nielsen, 62	1523p	1983
Tine Tofteng, 66	1513p	1983
Annette Dworak, 66	1368p	1983
Annette Brenaa, 65	1367p	1983
Jane Vedel, 43	1231p	1987
Marina Lund, 65	1172p	1983

### **Kaste-3kamp (nyt spyd)**

*(Kugle-diskos-spyd)*

Connie Holm, 56	1604p	1997
9,67-27,80-28,34		

### **Kaste-4kamp (nyt spyd)**

*(Hammer-kugle-diskos-spyd)*

Maria L. Jensen, 90	2589p	2009
Rikke Poulsen, 88	1985p	2004
Connie Holm, 56	1945p	1997
Maria Noppenau, 88	1872p	2004

### **Kaste-5-kamp (nyt spyd)**

*(Hammer-kugle-diskos-vægt-spyd)*

Maria L. Jensen, 90	3353p	2010
37,06-10,27-36,88-10,56-39,59		
Rebecca Spiegelhauer -2002	27,78p	2024
45,33-11,19-26,05-35,58-12,45		
Connie Holm, 56	2451p	1997
Rebecca Nielsen -2000	2179p	2023
9,57-31,92-35,98-10,40-17,96		
Marianne L Engberg, 65	1996p	2004

**7-kamp. Gl. spyd**

(100m hæk-højde-kugle-200-  
længde-spyd-800m)

Susanne Vedel, 63	3784p	1980
Hanne Flygenring, 64	2660p	1981
Berit Thomsen, 64	2448p	1981
Birgitte Vedel, 69	1776p	1989

**7-kamp. nyt spyd**

(100m hæk-højde-kugle-200-  
længde-spyd-800m)

Marai L. Jensen, 90	4778p	2007
Gro Budek, 97	3448p	2012
13,86-1,39-6,12-28,48 4,24-14,41-2,44,25		
Cecilia S Jørgensen, 97	29,32p	2012
15,72-1,27-6,94-29,82 4,30-18,72-3,03,41		