



## Alletiders bedste drenge/mænd

Opdateret 1/11 2025

### 100m.

Frederik Thomsen -1993	10,55s	2012	0,6
Thomas Hultmann -1959	10,72s	1983	
Lukas Bredo -1997	10,87s	2015	1,0
Jørn Petersen, 61	10,9s	1984	
Teddy Jensen, 65	10,9s	1984	
Mathias Højen -2005	11,27s	2022	1,2
Nick Ekelund-Arenander, 89	11,24s	2008	1,3
August Skytte Christensen -2007	11,27s	2024	-0,3
Emil Ipsen, 1999	11,34s	2017	0,0
Dlovan Baker -2000	11,37s	2020	0,4
Emil Jespersen, 1994	11,39s	2016	1,9
Frank Engmark, 57	11,2s	1977	
Tomas Jensen, 64	11,2s	1982	
Michael Friborg, 66	11,3s	1984	
Bjarne Vedel, 66	11,3s	1989	
Søren Ballhausen, 1992	11,55s	2016	0,0
Victor Colberg -2006	11,55s	2022	0,8
Daniel Bisgaard -2005	11,42s	2024	1,3
Jacob Slipsager, 93	11,56s	2010	1,3
Johan Thomsen, 97	11,62s	2016	1,9
Carsten Petersen, 66	11,65s	1984	
Mikkel David Marklund -2004	11,67s	2019	0,1
Jan Thomsen, 59	11,68s	1977	
Anders Klysner, 83	11,71s	2002	-0,5
Kristian Ipsen, 93	11,72s	2012	1,2
Frederik Lind, 93	11,74s	2010	0,2
Jon Jensen, 63	11,5s	1981	
Henrik Jespersen	11,5s	1984	
Christian Pallesen, 70	11,5s	1986	
Dennis Normann, 67	11,5s	1987	
Steffen Holm, 77	11,5s	1996	
Henrik Jensen, 67	11,6s	1985	
Allan Petersen, 65	11,6s	1987	

Kim Belza, 70	11,6s	1988	
Thomas Jønsson, 77	11,6s	1994	
Elian Jessen, 70	11,6s	1998	
Niclas Refsgaard, 95	11,82s	2010	-0,6
Claus Landal, 82	11,85s	1998	
Troels Breum, 84	11,86s	2003	1,6
Andreas Rønning, 93	11,86s	2009	0,0
Brues Buasri, 95	11,86s	2016	1,1
Affou Adlouni -2002	11,87s	2020	0,0
Sam Buasri	11,94s	2016	0,0
Daniel Duvander, 83	11,98s	2002	0,8

### **Resultater med for meget vind.**

Frederik Thomsen -1993	10,36s	2012	4,7
Nick Ekelund-Arenander, 89	11,19s	2008	
Emil Ipsen, 1999	11,31s	2016	2,4
Sami El Nasser, 65	11,1s	1989	
Anders Klysner, 83	11,52s	2002	
Peter Sohn, 83	11,72s	2000	
Magnus Elsted -2001	11,86s	2017	3,1

### **200m.**

Thomas Hultmann -1959	21,46s	1984	
Mathias Hjulskov Højen 2005	21,72s	2022	1,0
Nick Ekelund-Arenander -1989	22,08s	2008	
Mathias Højen -2005	22,26s	2021	1,5
Lukas Bredo -1997	22,64s	2015	2,0
Frederik Thomsen -1993	22,75s	2012	0,0
Jørn Petersen -1961	22,6s	1985	
Dlovan Baker -2000	22,96s	2020	1,6
Michael Friborg -1966	22,9s	1984	
Emil Jespersen -1994	23,19s	2017	-0,6
Anders Klysner -1983	23,45s	2002	
Johan Thomsen -1997	23,53s	2015	1,9
Jon Jensen -1962	23,3s	1983	
Peter Sohn, 83	23,57s	2001	
Frank Engmark, 57	23,70s	1977	
Teddy Jensen, 65	23,5s	1984	
Tomas Jensen, 64	23,5s	1985	
Carsten Petersen, 66	23,7s	1984	
Steffen Holm, 76	23,7s	1995	
Daniel Bisgaard -2005	23,81s	2021	0,6

Sam Buarsi, 1995	23,89s	2016	
Claus Landal, 82	24,04s	1998	
Henrik Jensen, 67	23,9s	1984	
Dennis Normann, 67	23,9s	1984	
Troels Breum, 84	23,9s	2003	
Elian Jessen, 70	24,16s	1998	
Bjarne Vedel, 66	24,0s	1987	
Mike Hansen, 89	24,26s	2008	
Magnus Elsted -2001	24,27s	2017	1,6
Morten Noppenau, 86	24,28s	2002	
Jan Thomsen, 59	24,1s	1977	
Kenn Faurschou, 62	24,2s	1983	
Kurt Brandt, 46	24,2s	1985	
Christian Pallesen, 70	24,2s	1986	
Thgomas Refsgaard, 95	24,49s	2010	1,4
Thomas Jønsson, 77	24,54s	1994	
August Skytte Christensen - 2007	24,55s	2022	0,9
Per K. Hansen, 65	24,4s	1981	
Tonny Johansen, 65	24,4s	1984	
Jakob Slipsager, 93	24,64s	2009	
Affou Adlouni -2002	24,69s	2020	0,8
Frederik Lind, 93	24,69s	2010	0,9
Victor Colbergh -2006	24,077s	2021	1,2
Sami El Nasser, 65	24,5s	1984	
Jakob Slipsager, 93	24,95s	2008	
Andrew Moore, 85	24,99s	2006	

### **Resultater med for megen vind:**

Anders Klysner, 83	23,41s	2002	
Lukas Bredo -1997	23,70s	2012	5,2
Daniel Duvander, 83	24,20s	2002	
Johan Thomsen, 97	24,30s	2012	5,2

### **300m.**

Mathias Højen -2005	34,64s	2022	
Nick Ekelund-Arenander -1989	36,22s	2008	
Magnus Elsted -2001	38,87s	2016	
Michael Pedersen -1973	39,19s	2009	
Jacob Slipsager -1993	39,25s	2008	
August Skytte Christensen -2007	40,13s	2022	
Christian Dirksen -1999	40,42s	2014	

Mike Hansen -1989	40,43s	2007
Kasper Jespersen -1997	40,62s	2017
Marcus M Jensen -1992	41,07s	2007
Daniel Bisgaard -2005	41,08s	2019
Johan Thomsen -1997	41,24s	2011
Jonas Albertsen -2003	41,43s	2018
Frederik Pfeiffer -1998	41,73s	2013
Jonas Albertsen 2003	41,83s	2017
Christian Iversen -1993	42,04s	2008
Silas Klentz Dahl -2004	42,026s	2016
Oliver Jensen -2003	42,26s	2018
August J Larsen -1994	42,45s	2008
Oliver Jensen -2003	43,04s	2017
Christian Knudsen -1990	43,19s	2007
Henrik Schwartsbach, 1966	43,39s	2016
Simon-Ronaldo L Gonzalez -2004	43,40s	2019
Patrick Partong-1990	43,99s	2008
Oskar Rømer -2000	44,12s	2015
Kevin Hansen -1992	44,52s	2008
Joachim Rønsholt -1999	44,58s	2014
Theodor Larsen -1999	45,06s	2013
Nicklas Fjeldby, -2001	45,53s	2016
Erik Friis -1990	45,63s	2007
Lukas Bredo -1997	47,43s	2009
Jesper Lützen -1957	47,52s	2017
Torben Riis -1969	47,71s	2014

## 400m.

Thomas Hultmann 1959	48,3s	1984
Mathias Højen -2005	48,63s	2024
Nick Egelund-Arenander -1989	49,04s	2008
Michael Friborg -1966	51,2s	1984
Bjarne Vedel -1966	51,89s	1989
Kim Belza -1970	52,12s	1989
Hans Henrik Hansen -1963	52,1s	1985
August Skytte Christensen -2007	52,56s	2024
Zia Afreedi -1969	52,57s	1989
Jon Jansen -1963	52,5s	1981
Lukas Bredo -1997	52,76s	2014
Peter Sohn -1983	52,83s	2000
Carsten Petersen -1966	52,7s	1984
Elian Jessen -1970	53,01s	2000
Klaus P. Jaqué -1992	53,04s	2011

Jørn Petersen -1961	53,1s	1985
Lukas Jensen -1997	53,22s	2014
Allan Petersen -1965	53,2s	1982
Henrik Jensen -1967	53,2s	1985
Christian Vasby, 71	53,2s	1989
Emil H Christensen, 96	53,30s	2014
Frank Engmark, 57	53,3s	1978
Michael Sauer, 59	53,5s	1977
Per K. Hansen, 65	53,7s	1981
Denfis Normann, 67	53,7s	1987
Palle Steensgaard, 68	53,7s	1988
Jan Thomsed, 59	54,1s	1977
Joachim Rønsholt -1999	54,35s	2018
Magnus Elsted -2001	54,35s	2017
Lukas Bredo -1997	54,40s	2013
Michael Pedersen, 73	54,43s	2009
Rasmus Baltzersen -2002	54,58s	2019
Emil Jespersen, 1994	54,92s	2016
Morten Bendixen -1984	55,34s	2002
Jonas Albertsen -2003	55,52s	2019
Morten Noppenau -1986	55,57s	2002
Jacob Slipsager -1993	55,99s	2008
Allan Sauer -1959	54,5s	1979
Henrik Falk -1971	54,5s	1990

## 800m.

Hans Henrik Hansen -1963	1.54,07m	1985
Stephan Jensen -1963	1.57,4m	1990
Rasmus Baltzersen -2002	1.57,70m	2018
Erik B. Madsen -1964	1.58,0m	1982
Søren B. Jørgensen -1964	1.58,2m	1981
Joachim Rønsholt -1999	1.58,37m	2017
Lukas Jensen -1997	1.58,54m	2014
Kim Belza -1970	1.58,6m	1988
Per Knudsen -1961	1.58,8m	1984
Ralph Larsen -1961	1.58,8m	1988
Søren Hanghøj, 1963	1.58,9m	1984
Henrik Olsen, 1968	1.59,79m	1988
Steiner Jørstad, 1958	2.00,4m	1986
Henrik Falk, 1971	2.00,60m	1989
Søren O. Madsen, 1967	2.01,07m	1985
Per H. Christensen, 1966	2.01,48m	1996
Klaus P Jaqué, 1992	2.01,48m	2011

Jakob Herløv, 1967	2.01,7m	1994
Michael Pedersen, 1973	2.01,99m	2009
Anders Birch, 1982	2.02,00m	1998
Rene Jensen, 1966	2.02,7m	1983
Jakob Falk, 1968	2.03,2m	1987
Andrew Moore, 1985	2.03,40m	2006
Frank Engmark 1957	2.03,4m	1974
Henrik B. Jørgensen, 60	2.04,0m	1978
Christian Dirksen, 99	2.04,49m	2014
Christoffer T Madsen, 92	2.04,52m	2013
Dan Bodal, 67	2.04,6m	1985
Rene B. Jensen, 83	2.04,78m	2006
Michael Pedersen, 73	2.05,24m	2000
Morten Bendixen, 84	2.05,51m	2002
Frederik Pfeiffer, 98	2.05,77m	2014
Leif Johansen, 63	2.05,97m	1985
Torben Pedersen, 60	2.06,36m	1979
Jonas Albertsen 2003	2.06,87m	2019

## 1000m.

Stephan Jensen, 63	2.30,71m	1989
Hans Henrik Hansen, 63	2.30,9m	1984
Ralph Larsen, 61	2.31,7m	1987
Søren B. Jørgensen, 64	2.32,6m	1979
Steiner Jørstad, 58	2.35,04m	1986
Henrik Olsen, 68	2.35,9m	1987
Søren Hanghøj, 63	2.36,0m	1984
Henrik Falk, 71	2.36,8m	1987
Asger N. Hansen, 64	2.37,0m	1993
Søren O. Madsen, 67	2.38,6m	1984
Jakob Falk, 68	2.42,6m	1988
Allan Petersen, 65	2.44,06m	1979
Michael Pedersen, 73	2.44,99m	2000
Henrik B. Jørgensen, 60	2.45,2m	1978
Erik G. Olsen, 70	2.45,5m	2000
Klaus P Jaqué, 92	2.45,60m	2011
Niels S. Christensen, 68	2.46,9m	1984
Christoffer T Madsen, 92	2.47,22m	2011
Per Knudsen, 61	2.48,1m	1977
Lasse B. Jørgensen, 62	2.49,2m	1978
Frederik Pfeiffer, 98	2.49,97m	2013
Lukas Jensen, 97	2.50,38m	2013
Carsten Petersen, 66	2.50,67m	1980

Chistian Dirksen, 99	2.54,12m	2013
Preben Arke, 58	2.54,5m	1979
Michael Meldgård, 61	2.54,8m	1977

### 1500m.

Stephan Jensen, 63	3.52,42m	1990
Ralph Larsen, 61	3.57,76m	1988
Søren B. Jørgensen, 64	3.59,15m	1981
Hans Henrik Hansen, 63	3.59,3m	1985
Rasmus Baltzersen -2002	3.59,50m	2019
Joachim Rønsholt, 1999	4.02,39m	2018
Henrik Olsen, 68	4.03,8m	1990
Per Knudsen, 61	4.04,0m	1983
Steiner Jørstad, 58	4.05,0m	1986
Jakob Herløv, 67	4.05,3m	1993
Søren Hanghøj, 63	4.07,28m	1984
Lukas Jensen, 97	4.07,28m	2014
Jonas Albertsen -2003	4.07,23m	2020
Rene B. Jensen, 83	4.07,52m	2006
Henrik Falk, 71	4.09,08m	1989
Kristian Brammer Carstensen -2001	4.09,68m	2020
Christoffer T Madsen, 92	4.10,44m	2014
Kim Belza, 70	4.10,67m	1988
Edmundt B. Jørgensen, -1934	4.10,9m	1978
Jakob Falk, 68	4.11,78m	1987
Søren O. Madsen, 67	4.12,2m	1984
Torben Pedersen, 60	4.12,9m	1987
Rene Jensen, 66	4.13,0m	1983
Jeppe Christiansen, 59	4.13,5m	1979
Allan Petersen, 65	4.13,5m	1980
Erik G. Olsen, 70	4.13,5m	1990
Jørn Dresler, 64	4.14,0m	1997
Paulo Jensen, 79	4.14,56m	2008
Christian Dirksen, 99	4.14,94m	2014

### Mile.

Stephan Jensen, 63	4.15,4m	1990
Hans Henrik Hansen, 63	4.15,8m	1985
Søren B. Jørgensen, 64	4.21,3m	1980
Asger N. Hansen, 64	4.25,62m	1993
Per Knudsen, 61	4.27,6m	1978
Jakob Herløv, 67	4.29,44m	1988

Henrik Olsen, 68	4.30,2m	1992
Søren Hanghøj, 63	4.30,5m	1984
Lukas Jensen, 97	4.31,66m	2014
Edmundt B. Jørgensen, -1934	4.33,1m	1978
Jeppe Christiansen, 59	4.34,9m	1982
Christoffer T Madsen, 92	4.38,16m	2014
Ralph Larsen, 61	4.38,2m	1982
Henrik B. Jørgensen, 60	4.40,6m	1977
Torben Pedersen, 60	4.40,7m	1981
Lasse B. Jørgensen, 62	4.42,4m	1980
Erik G. Olsen, 70	4.42,8m	1991
Dan Bodal, 67	4.43,3m	1985
Henrik Falk, 71	4.43,5m	1986
Christian Dirksen, 99	4.47,64m	2014
Joachim Rønsholt, 99	4.48,38m	2015
Brian Rasmussen, 69	4.53,1m	1990
Christian T. Hansen, 68	4.55,1m	1985
Joachim Rønsholt, 99	4.55,91m	2014
Jakob Falk, 68	4.56,2m	1983

## 2000m.

Stephan Jensen, -1963	5.18,3m	1990
Søren B. Jørgensen, -1964	5.33,6m	1980
Jeppe Christiansen, -1959	5.39,7m	1982
Henrik Olsen, -1968	5.44,0m	1993
Søren Hanghøj, -1963	5.46,0m	1994
Henrik Falk, -1971	5.49,7m	1989
Jakob Falk, -1968	5.52,7m	1989
Per H. Christensen, -1966	5.52,8m	1995
Erik G. Olsen, -1970	5.54,6m	1993
Jakob Herløv, -1967	6.02,1m	1985
Christian Dirksen, -1999	6.03,34m	2014
Joachim Ronsholt, -1999	6.05,90m	2014
Brian Rasmussen, -1969	6.13,0m	1990
Christian T. Hansen, -1968	6.20,9m	1984
Kristian Carstensen, -2001	6.32,85m	2016
Thomas Mogensen, -1970	6.35,6m	1985
Kristian Cartensen, -2001	6.36,74m	2015
Allan Petersen, -1965	6.37,6m	1978
Niels Johansen, -1967	6.48,1m	1982

## 3000m.

Stephan Jensen, 63	8.21,84m	1990
Ralph Larsen, 61	8.32,7m	1985
Jakob Herløv, 67	8.38,37m	1992
Jeppe Christiansen, 59	8.44,7m	1982
Søren B. Jørgensen, 64	8.45,6m	1981
Henrik Olsen, 68	8.46,69m	1992
Paulo Jensen, 79	8.47,39m	2010
Joachim Rønsholt, 1999	8.49,71m	2018
Per Knudsen, 61	8.50,8m	1984
Rene B. Jensen, 83	8.53,29m	2006
Erik G. Olsen, 70	8.57,2m	1997
Søren Hanghøj, 63	8.57,67m	1994
Lasse Sonne, 67	8.58,6m	1987
Michael Meldgård, 61	9.01,9m	1978
Christoffer T Madsen, 92	9.02,53m	2014
Hans Henrik Hansen, 63	9.05,2m	1985
Henrik Falk, 71	9.05,6m	1990
Lasse B. Jørgensen, 62	9.08,9m	1979
Per H Christensen, 66	9.10,13m	2002
Torben Pedersen, 60	9.10,1m	1977
Jan Lindberg, 64	9.10,9m	1990
Rasmus Baltzersen -2002	9.10,55m	2017
Lukas Jensen, 97	9.11,63m	2014
Jakob Falk, 68	9.13,5m	1986
Allan Petersen, 65	9.14,1m	1980
Rene Jensen, 66	9.23,8m	1982

## 5000m.

Stephan Jensen, -1963	14.25,98m	1989
Asger N. Hansen, -1964	14.53,38m	1993
Jeppe Christiansen, -1959	14.55,8m	1981
Paulo Jensen, -1979	15,04,42m	2010
Ralph Larsen, -1961	15.09,3m	1986
Jakob Herløv, -1967	15.10,8m	1993
Per Knudsen, -1961	15.18,8m	1984
Søren B. Jørgensen, -1964	15.19,8m	1980
Michael Meldgård, -1961	15.20,5m	1978
Paulo Jensen, -1979	15.23,43m	2008
Erik G. Olsen, -1970	15.25,2m	1995
Rene B. Jensen, -1983	15.28,51m	2007
Henrik Andersen, -1960	15.37,3m	1990
Rene Jensen, -1966	15.39,8m	1983
Per H. Christensen, -1966	15.40,57m	2003

Henrik Olsen, -1968	15.41,8m	1993
Søren Hanghøj, -1963	15.51,5m	1994
Joachim Rænisholt, -1999	15,58,33m	2018
Torben Pedersen, -1960	16.06,0m	1978
Lasse Sonne, -1967	16.09,8m	1987
Rasmus Baltzersen -2002	16.09,85m	2019
Allan Petersen, -1965	16.16,3m	1980
Jakob Falk, -1968	16.16,56m	1987
Sebastian Holleufer, -1994	16.24,77m	2012
Henrik K Jørgensen, -1961	6.27,82m	2013
Edmundt B. Jørgensen -1934	16.30,0m	1978
Christoffer T Madsen, -1992	16.31,98m	2013
Lasse B. Jørgensen, -1962	16.38,2m	1979
Dennis Hansen, -1982	16.39,32m	2002

### Løbet på stadion uden sarg

Erik G. Olsen, 70	15,10,8	1996
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### 10000m.

Stephan Jensen, 63	30.29,8m	1990
Jeppe Christiansen, 59	30.45,1m	1980
Asger N. Hansen, 64	30.57,8m	1993
Paulo Jensen, 79	31.51,3m	2008
Michael Meldgård, 61	32.02,7m	1978
Erik G. Olsen, 70	32.03,9m	1995
Søren B. Jørgensen, 64	32.17,6m	1980
Jakob Herløv, 67	32.28,3m	1990
Per Knudsen, 61	32.45,2m	1978
Lasse Sonne, 67	32.45,9m	1987
Per H. Christensen, 66	32.53,9m	1995
Ralph Larsen, 61	33.15,1m	1983
Jan Lindberg, 64	33.19,2m	1990
Henrik Olsen, 68	33.32,9m	1993
Rene Jensen, 66	34.10,2m	1982
Hans Henrik Hansen, 63	34.10,6m	1984
Jakob Falk, 68	34.22,1m	1987
Christian T. Hansen, 68	34.32,4m	1987
Knud R. Andersen, 42	35.05,8m	1989
Henrik K Jørgensen, 61	35.06,68m	2013
Torben Pedersen, 60	35.08,9m	1981

### 20000m.

Jakob Herløv, 67	1.09.11,0t	1990
Erik G. Olsen, 70	1.14.29,0t	1990

### 10 km landevej.

Stephan Jensen, 63	30,55m	1989
Jakob Herløv, 67	31,40m	1992
Asger N. Hansen, 64	31,43m	1993
Paulo Jensen, 79	31,52m	2008
Erik G. Olsen, 70	32,04m	1991
Paulo Jensen, 79	32,21m	2007
Søren B. Jørgensen, 64	32,29m	1990
Søren Hanghøj, 63	32,37m	1994
Henrik Olsen, 68	32,41m	1992
Ralph Larsen, 61	32,02m	1991
Per H. Christensen, 66	32,36m	2002
Rene B. Jensen, 83	32,43m	2006
Jacob K. Jørgensen, 68	32,45m	1994
Henrik Andersen, 60	32,50m	1990
Rene Jensen, 26	32,53m	1983
Flemming Barnewitz, 68	33,03m	1996
Jakob Falk, 68	33,37m	1986
Jeppe Christiansen, 59	33,38m	1980
Jørn Dresler, 64	33,51m	1999
Carsten Skinnebak, 60	34,00m	1994
Hans Henrik Hansen, 63	34,03m	1984
Claus Stallknecht, 70	34,08m	1988
Peter Steffensen, 70	34,28m	1990
Carsten G. Jensen, 69	34,31m	1988

### 15 km landevej.

Stephan Jensen, 63	48,00m	1989
Jeppe Christiansen, 59	48,51m	1981
Jakob Herløv, 67	49,00m	1993
Henrik Andersen, 60	49,14m	1990
Asger N. Hansen, 64	49,37m	1993
Erik G. Olsen, 70	49,53m	2001
Ralph Larsen, 61	50,01m	1990
Per H. Christensen, 66	50,06m	1997
Per Knudsen, 61	50,22m	1984
Lasse Sonne, 67	50,28m	1987
Jan Lindberg, 64	50,28m	1990

Henrik Olsen, 68	50,38m	1993
Steiner Jørstad, 58	50,46m	1986
Søren Hanghøj, 63	50,55m	1994
Hans Henrik Hansen, 63	51,18m	1984
Flemming Barnewitz, 68	52,54m	1995
Jakob Falk, 68	53,09m	1986
Michael Jørgensen, 62	53,26m	1990
Christoffer T Madsen, 92	53,54m	2013
Jørn Dresler, 64	53,57m	1999
Torben Pedersen, 60	54,02m	1980
Knud R. Andersen, 42	54,10m	1986

### 20 km landevej.

Jeppe Christiansen, 59	1.04 36t	1980
Jakob Herhøvd, 67	1.07,51t	1988
Henrik Olsen, 68	1.11,27t	1988
Michael Jørgensen, 62	1.11,57t	1989
Jan Lindberg, 64	1.12,13t	1989
Knud R. Andersen, 42	1.13,45t	1985
Ove Rasmussen, 48	1.16,09t	1986
Jakob Falk, 68	1.16,35t	1988
Per Jakobsen, 47	1.17,47t	1982
Freddy Kjær	1.20,56t	1978
Brian Rasmussen, 69	1.23,16,5t	1986

### 1/2-Marathon.

Jakob Herløv, 67	1.10,26t	1992
Paulo Jensen, 79	1.10,29t	2008
Erik G. Olsen, 70	1.11,51t	1998
Per H. Christensen, 66	1.12,09t	2001
Henrik Andersen, 60	1.13,18t	1991
Henrik K Jørgensen, 61	1.17,57t	2017
Carsten Skinnebak, 60	1.20,00t	1992
Jan Grønlund Rasmussen -1969	1.27,54t	2018
Per Jakobsen, 47	1.28,45t	1994
Knud R Andersen, 42	1.29,02t	2006
Jakob Falk, 68	1.29,09t	1996
Stephan Jensen, 63	1.29,29t	1998
Mogens Gønnebæk, 51	1.29,52t	2006
Kim Madsen, 58	1.29,53t	1994
Jørn Wilms,??	1.33,24t	1996

Lars Sonqvist, 52	1.34,35t	1996
Dirk-Andre Pape, 60	1.36,50t	2003
Ib Gregersen, 38	1.41,29t	1994
Jørgen Martz, 67	1.41,50t	2014
Michael Pedersen, 73	1.42,21t	1998
Ole Jakobsen, 65	1.43,15t	2012
Jørgen Markling, 59	1.44,07t	1998
Niels Sonqvist, 52	1.45,33t	1995
Ivar Laursen -1958	1.47,13t	2017
Claus Landal -1982	1.48,42t	2017
Karsten Garner -1976	1.48,51t	2018
Kim Green, 65	1.49,59t	2013
Kjeld Holm, 46	1.55,33t	1994
Jack B Jørgensen, 63	1.57,07t	2014
Erik G. Sørensen,42	1.58,33t	1996

### **Marathon.**

Jeppe Christiansen, 59	2.23,33t	1981
Per H. Christensen, 66	2.34,43t	2001
Jan Lindberg, 64	2.35,20t	1989
Erik G. Olsen, 70	2.36,07t	2000
Jakob Herløv, 67	2.41,30t	1994
Lars Hansen	2.45,04t	1984
Carsten Skinnebak, 60	2.45,56t	1995
Søren Rasmussen, 66	2.49,54t	2002
Per Knudsen, 61	2.53,10t	1980
Jakob Falk, 68	2.56,47t	1987
Claus Berents, 57	2.57,46t	1989
Henrik Olsen, 68	2.59,07t	1986
Knud R. Andersen, 42	2.59,20t	1989
Martin Y. Hansen, 71	3.00,13t	1989
Michael Jørgansen, 62	3.02,19t	1989
Per Jakobsen, 47	3.05,34t	1982
Ove Rasmussen, 48	3.06,06t	1984
Stephan Jensen, 63	3.11,48t	1998
Lars Sonqvist, 52	3.18,16t	1995
Jørgen Mats, 67	3.23,21t	2010
Nils Sonqvist,52	3.29,37t	1996
Kim Madsen, 58	3.35,46t	1995

### **110m hæk.**

Bjarne Vedel, 66	14,92s	1989
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Kenn Faurschou, 62	15,7s	1981	
Carsten Petersen, 66	16,0s	1987	
Jan Thomsen, 59	16,1s	1977	
Daniel Duvander, 83	16,63s	2003	
Frank Engmark, 57	16,6s	1982	
Kristian Ipsen, 93	16,89s	2014	0,2
Frederik Thomsen -1993	17,06s	2010	-1,2
Niels Lauridsen, 61	17,2s	1980	
Claus Jakobsen, 76	17,2s	1995	
Martin Mogensen, 77	17,6s	1997	
Peter Sohn, 83	17,87s	2000	
Carsten Berg, 58	17,7s	1980	
Jørgen Møller, 61	17,7s	1986	
Jakob Lavrsen, 82	18,2s	1998	
Andreas Rønning, 93	18,56s	2012	0,2
Dennis Normann, 67	18,4s	1990	
Tonny Johansen, 65	18,5s	1984	
Thomas Mogensen, 70	18,8s	1989	
Elian Jessen, 70	18,9s	1996	
Michael Friborg, 66	19,6s	1992	
Thomas Snorreson, 73	19,75s	2004	
Ulrich Engmark, 53	19,9s	1976	
Kim Belza, 70	19,9s	1989	
Nikolai Sonqvist, 81	20,18s	1999	
Peter Andersen, 63	20,2s	1984	
Henrik Jørgensen, 62	20,3s	1981	

plus vind

Kristian Ipsen, 93	16,84s	2,9
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## 200m hæk.

Peter Sohn, 83	27,67s	2000
Kenn Faurschou, 62	27,8s	1980
Thomas Mogensen, 70	28,9s	1990
Claus Jakobsen, 76	28,9s	1994
Dennis Normann, 67	29,0s	1990
Jan Thomsen, 59	29,2s	1977
Frank Engmark, 57	29,5s	1977
Mike Hansen, 89	30,17s	2006
Christian Knudsen, 90	30,95s	2006
Michael Friborg, 66	31,1s	1994
Nikolai Sonqvist, 79	31,5ws	1996

## 400m hæk.

Carsten Petersen, 66	56,1s	1985
Thomas Mogensen, 70	57,82s	1989
Peter Sohn, 83	57,86s	2002
Jakob Herløv, 67	59,8s	1991
Bjarne Vedel, 66	59,9s	1986
Elian Jessen, 70	1.00,3m	1998
Dennis Normann, 67	1.01,00m	1989
Thomas Snorreson, 73	1.01,45m	2004
Kenn Faurschou, 62	1.01,5m	1980
Michael Friborg, 66	1.01,8m	1984
Henrik Olsen, 68	1.02,0m	1987
Christoffer T Madsan, 92	1.02,18m	2014
Kasper Lynde Jespersen -1997	1.02,58m	2019
Martin Mogensen, 77	1.02,9m	1996
Ralph Larsen, 61	1,03,5m	1989
Niels Bjerregård, 70	1.04,5m	1987
Steffen Holm, 76	1.04,5m	1994
Niels Lauridsen, 61	1.04,7m	1980
Ole Rubach, 52	1.06,5m	1994
Emil Jespersen, 94	1.05,49m	2017
Johan Thomsen, 97	1.06,03m	2012
Jacob Slipsager, 93	1.06,52m	2009
Michael Pedersen, 73	1.06,68m	1999
Anders Birch, 81	1,07,1m	2000
Erik G. Olsen, 70	1.07,4m	1991
Søren B. Jørgensen, 64	1.07,5m	1980
Kenni Ullmann, 93	1.06,00m	2008
Jonas Albertzen -2003	1.09,30m	2018
Carsten Berg, 58	1.09,6m	1980

## 3000m forhindring.

Ralph Larsen, 61	9,06,74m	1988
Jakob Herløv, 67	9,13,25m	1989
Henrik Olsen, 28	9,30,5m	1992
Erik G. Olsen, 70	9,54,7m	1994
Christoffer T Madsen, 92	10.03,60m	2014
Søren B. Jørgensen, 64	10,07,5m	1980
Jakob Falk, 68	10,17,84m	1985
Thomas Mogensen, 70	10,33,07m	1986
Per H. Christensen, 66	10,34,8m	1995

Peter B. Hansen, 64	10,44,5m	1980
Torben Pedersen, 60	11,02,2m	1980
John Knudsen, 54	11,27,2m	1975
Torben Riis, 69	11.56,36m	2015
Nikolaj Søndergaard, 93	12.34,54m	2012
Bjarne Vedel, 66	13,30,07m	1986

### Længdespring.

Frederik Thomsen -1993	7,55m	2012	0,1
Emil Ipsen, 1999	7,29m	2017	1,9
Bjarne Vedel, 66	7,08m	1989	
Kenn Faurschou, 62	6,84m	1983	
Kristian Ipsen, 93	6,75m	2015	-0,3
Thomas Christiansen -2001	6,70m	2022	-1,3
Tonni Johansen, 65	6,66m	1984	
Henrik Jensen, 67	6,36m	1987	
August Skytte Christensen - 2007	6,47m	2024	1,6
Mathias Højen -2005	6,52m	2021	1,8
Peter Sohn, 83	6,50m	2002	
Lukas Bredo -1997	6,37m	2018	0,5
Carsten Petersen, 66	6,27m	1983	
Frederik Lind, 93	6,17m	2010	-0,2
Claus Ruhnau, 63	6,16m	1981	
Kim Belza, 70	6,14m	1991	
Elian Jessen, 70	6,13m	1995	
Jacob Slipsager, 93	6,13m	2011	0,1
Victor Colbergh -2006	6,12m	2021	0
Niels Bjerregård, 70	6,04m	1988	
Mike Hansen, 89	6,03m	2008	
Thomas Jønsson, 77	6,02m	1995	
Peter Sielemann, 69	5,98m	1989	
Thomas Petersen, 61	5,96m	1980	
Peter Sohn, 83	5,96m	1998	
Andreas Rønning, 93	5,95m	2011	-2,2
Per Hansen, 55	5,88m	1979	
Jesper Riege, 67	5,86m	2007	
Michael Friborg, 66	5,87m	1983	
Frank Engmark, 57	5,86m	1976	
Stig Falkenberg, 72	5,86m	2001	
John Nielsen, 59	5,84m	1978	
Michael Bang, 60	5,84m	1978	

### **Resultater med for meget vind:**

Emil Ipsen, 99	7,09m	2016	3,0
Kenn Faurschou, 62	6,99m	1985	
Mathias Højen -2005	6,36m	2020	3,7
Elian Jessen, 70	6,13m	1995	
Mike Hansen, 89	6,07m	2008	

### **Højdespring.**

Sami El Nasser, 65	2,15m	1989	
Bjarne Vedel, 60	2,10m	1989	
Frederik Thomsen -1993	indendørs	2,06m	2012
Frederik Thomsen -1993		2,03m	2010
Pelle Armand Hulkvist -2007		1,98m	2024
August Skytte Christensen -2007		1,90m	2024
Kristian Ipsen, 93		1,90m	2012
Thomas Petersen, 61		1,90m	1980
Emil Ipsen, 99		1,90m	2016
Daniel Duvander, 83		1,88m	2002
Niels Lauridsen, 61		1,85m	1979
Carsten Petersen, 66		1,85m	1983
Niels Bjerregård, 70		1,85m	1989
Martin Jønsson, 80		1,85m	2000
Magnus Elsted -2001		1,83m	2017
Martin Mogensen, 77		1,83m	1997
Jacob Laursen, 82		1,82m	2005
Tonny Johansen, 65		1,81m	1984
Jesper Rirge, 67		1,80m	2007
Peter Jakobsen, 63		1,80m	1980
Kenn Faurschou, 62		1,80m	1983
Per Hansen, 55		1,75m	1980
Michael Sen, 62		1,75m	1981
Ralph Larsen, 61		1,75m	1983
Peter Sielemann, 69		1,75m	1986
Kristian Gotsch, 74		1,75m	1993
Ole Rubach, 52		1,75m	1994
Kasper Sierslev, 76		1,75m	1996

### **Trespring.**

Sami El Nasser, 65	14,59m	1989
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Tonny Johansen, 65	13,60m	1984	
Bjarne Vedel, 66	13,22m	1986	
Tomas Jensen, 64	13,21m	1984	
Mike Hansen, 89	12,97m	2008	
Elian Jessen, 70	12,88m	1998	
Kim Belza, 70	12,85m	1989	
Peter Sohn, 83	12,82m	2000	
Jon Jensen, 63	12,76m	1985	
Peter Sielemann, 69	12,73m	1986	
Frank Engmark, 57	12,67m	1980	
Per K. Hansen, 65	12,41m	1982	
Emil Ipsen, 99	12,30m	2015	0,0
Carsten Petersen, 66	12,28m	1984	
Johan Thomsen, 97	12,28m	2015	0,5
Jan Thomsen, 59	12,25m	1977	
Martin Jønsson, 82	12,22m	2000	
Martin Andreasen, 67	12,21m	1982	
Andreas Rønning, 93	12,19m	2015	2,0
Anders Klysner, 83	12,10m	2002	
Per Hansen, 55	12,03m	1980	
Kasper Sierslev, 76	11,99m	1994	
Stig Falkenberg, 72	11,58m	2001	
Jesper Steffensen, 66	11,84m	1981	
Carsten Sørensen, 71	11,82m	1986	

#### Resultater med for meget vind:

Sami El Nasser, 65	14,80m	1989	
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### Stangspring.

Andreas Rønning, 93	indendørs	5,00m	2012
Andreas Rønning, 93		4,95m	2012
Kristian Ipsen, 93		4,70m	2013
Bjarne Vedel, 66		4,60m	1989
Oliver Durafour, 97		4,50m	2016
Emil H Christensen, 95		4,40m	2013
Oscar Abalgren, 94		4,30m	2014
August Skytte Christensen -2007		4,21m	2024
Peter Sohn, 83		3,90m	2002
Carsten Berg, 58		3,80m	1980
Michel Lübbers, 67		3,72m	1999
John Nielsen, 58		3,70m	1980
Erik Berg, 66		3,70m	1982

Tonny Johansen, 65	3,70m	1984
Carsten Petersen, 66	3,70m	1987
Rasmus Eybye Petersen -2005	3,50m	2024
Jacob Slipsager, 93	3,50m	2008
Martin Iversen, 56	3,50m	1994
Emil Ipsen, 99	3,50m	2014
Jacob Slipsager, 93	3,40m	2009
Wojcieck Bociarsky, 50	3,40m	2007
Finn Grønning, 48	3,40m	1981
Niels Jespersen, 70	3,40m	1990
Thomas Gotsch, 77	3,30m	2007
Emil Boesen -2003	3,30m	2018
Victor Colbergh -2006	3,20m	2021
Rasmus W Nielsen, 92	3,10m	2008
Michael Petersen, 62	3,10m	1981
Rene Ipsen, 64	3,10m	2010
Oliver Lumholt -2001	3,10m	2018
Nikolai Sonqvist, 81	3,04m	1999
Thomas Petersen, 61	3,00m	1980
Michael Sen, 62	3,00m	1982
Henrik Jørgensen, 62	3,00m	1982
Peter Sielemann, 69	3,00m	1986
Kim Belza, 70	3,00m	1990
Pelle Mølgaard, 74	3,00m	1996
Christian Iversen, 93	3,00m	2009
Bjarne Andersen, 55	2,90m	1993
Ole Rubach, 52	2,90m	1995

### **Kuglestød. 7,125 kg**

Claus Frimann, 63	15,05m	2008
Dariusz Slowak, 77	14,35m	2010
Jesper Steffensen, 66	14,55m	1992
Bjarne Vedel, 66	14,35m	1993
Rasmus Jensen, 1999	14,11m	2025
Dragan Djuricic, 81	12,99m	1999
Jonas S Laursen, 84	12,96m	2006
Mathias Peter Kveiborg -2000	12,87m	2020
Jørgen Gotsch, 46	12,70m	1977
Mikael Bang, 60	12,64m	1983
Erik Berg, 66	12,07m	1987
Stefan Lehnert, 1999	11,92m	2016
Carsten Berg, 58	11,70m	1981
Stefan Lehnert -1999	11,49m	2017
Peter Sielemann, 69	11,40m	1990

Morten Helmig, 63	11,19m	2009
Niels Bjerregård, 70	11,13m	1988
Ulrich Engmark, 53	11,00m	1984
Frederik Carlsson, 97	11,00m	2015
Per K. Hansen, 65	10,92m	1984
Uffe Jensen, 66	10,68m	1994
Thomas Enggård, 63	10,48m	1980
Henrik Jørgensen, 62	10,35m	1981
Kenn Faurshou, 62	10,27m	1984
Christoffer Olsen, 96	10,27m	2015
Jakob Slipsager, 93	10,24m	2011
Ove Duvander, 54	10,18m	2002
Hans Helmig	10,14m	1978
Povl Jensen	10,10m	1976
Claus Hansen, 66	10,01m	1984
Bjarne Andersen, 55	9,88m	1995

### **Diskoskast. 2. kg**

Dariusz Slowak, 77	50,67m	2010
Mathias Peter Kveiborg, 2000	44,17m	2020
Jesper Steffensen, 66	43,28m	1992
Claus Frimann, 63	43,12m	2008
Mathias Peter Kveiborg - 2000	42,75m	2021
Mikael Bang, 60	42,59m	1983
Bjarne Vedel, 66	41,98m	1986
Jonas S Laursen, 84	41,46m	2006
Jens Bengtsen, 62	40,10m	2004
Jørgen Gotsch, 46	40,00m	1978
Carsten Berg, 58	38,76m	1982
Rasmus Jensen -1999	38,63m	2024
Michel Lübbers, 67	36,73m	2002
Benjamin Henriksen, 84	36,23m	2005
Morten Helmig, 63	36,15m	2008
Ulrich Engmark, 53	35,42m	1985
Peter Sielemann, 69	35,30m	1990
Dragan Djuricic, 80	35,27m	2001
Frederik Carlsson, 97	35,26m	2015
Per K. Hansen, 65	34,90m	1983
Martin Iversen, 56	34,12m	1994
Henrik Jørgensen, 62	33,13m	1982
Ib Johansen	33,11m	1975
Freddy Kjær	32,56m	1977
John Nielsen, 59	32,51m	1979

Niels Bjerregård, 70	32,48m	1988
Erik Berg, 66	32,28m	1985
Stefan Lehnert, 1999	32,27m	2016

## **Spydkast. 800 g**

### **Resultater opnået efter ny vægtfordeling 1986**

Bjarne Vedel, 66	67,74m	1989
Jacob Slipsager, 93	55,84m	2011
Michael Nielsen, 66	55,76m	2015
Carsten Berg, 58	53,30m	1987
Michael Nielsen, 1966	52,56m	2016
Erik Berg, 66	52,42m	1987
Christoffer Olsen, 96	52,10m	2014
Stefan Lehnert, 1999	51,78m	2016
Kim Belza, 70	50,80m	1990
Mike Hansen, 89	50,65m	2007
Emil Ipsen, 99	50,40m	2017
Mathias Peter Kveiborg -2000	50,40m	2019
Claus Frimann, 63	49,69m	2008
Claus Jakobsen, 76	49,24m	1993
Jens Bengtsen, 62	47,64m	2003
Niels Bjerregård, 70	47,12m	1987
Peter Sielemann, 69	45,44m	1992
Jørgen Gotsch, 46	45,43m	1986
Teddy Jensen, 65	45,00m	1993
Michel Lübbers, 67	44,99m	2000
Kristian Ipsen, 93	44,37m	2015
Niels Jespersen, 70	43,72m	1990
Kenn Faurshou, 62	43,63m	1986
Mikael Bang, 60	43,60m	1986
Asger Slipsager, 96	43,43m	2013
Henrik Olsen, 68	42,78m	1990
Villy Duvander, 57	42,80m	2003
Jonas S Laursen, 84	42,07m	2005
Pelle Mølgaard, 74	41,98m	1993
Carsten Petersen, 66	41,76m	1987
Michael Friberg, 66	41,30m	1997
Ole Rubach, 52	41,18m	1998
Sami El Nasser, 65	41,14m	1987
Ove Duvander, 54	41,11m	2002
Bjarne Andersen, 55	40,38m	1997
Victor Colberg -2006	40,30m	2024

Toni Jensen, 66	40,14m	1987
Jakob Johnsen, 95	40,10m	2015

### Hammerkast. 7,126 kg

Rasmus Jensen, -1999	65,53m	2025
Jonas S Laursen, 84	55,61m	2006
Mathias Peter Kveiborg -2000	55,48m	2019
Dariusz Slowak, 77	52,66m	2010
Jesper Steffensen, 66	47,22m	1992
Morten Helmig, 63	44,46m	2008
Jørgen Gotsch, 46	44,22m	1991
Bjarne Vedel, 66	43,82m	1991
Stefan Lehnert, 1999	43,60m	2017
Uffe Jensen, 66	43,40m	1992
Carsten Berg, 58	41,78m	1990
Michel Lübbers, 67	39,95m	1999
Ove Duvander, 54	39,42m	2002
Christian Enggård, 68	38,44m	1986
Ulrich Engmark, 53	38,08m	1983
Jens Bengtsen, 62	38,08m	2003
Frederik Carlsson, 97	38,04m	2015
Benny Risnæs, 49	37,21m	2002
Michael Bang, 60	37,08m	1995
Hans Helmig	33,68m	1979
Thomas Petersen, 61	33,11m	1980
Freddy Kjær	32,56m	1977
Jakob Slipsager, 93	29,28m	2011
Rasmus Gøse, 93	28,47m	2012
Per K. Hansen, 65	27,28m	1984
John Nielsen, 59	27,08m	1980
René Ipsen, 64	24,27m	2011
Claus Hansen, 66	23,30m	1984
Anders Klysner, 83	22,60m	2004
Kenn Faurschou, 62	22,26m	1985
Povl Vedel, 38	22,18m	1984

### Vægtkast 15.88 kg

Mathias Peter Kveiborg -2000	18,31m	2019
Rasmus Jensen, -1999	18,22m	2025
Jonas S Laursen, 84	17,41m	2006
Morten Helmig, 63	13,32m	2009

Jørgen Gotsch, 46	11,17m	2004
Uffe Jensen, 66	11,37m	2007

### Vægtkast. 15.00 kg

Jesper Steffensen, 66	14,32m	1992
Jørgen Gotsch, 46	14,05m	1984
Bjarne Vedel, 66	13,58m	1990
Carsten Berg, 58	13,37m	1980
Uffe Jensen, 66	13,06m	1994
Martin Greifenstein, 83	12,17m	2001
Ulrich Engmark, 53	12,11m	1981
Hans Helmig	11,68m	1984
Michel Lübbers, 67	11,58m	1999
Peter Sielemann, 69	11,21m	1990
Christian Enggård, 68	10,88m	1985
Michael Bang, 60	10,62m	1985
John Nielsen, 59	9,68m	1980
Kenn Faurschou, 62	8,13m	1985

### Kaste-5-kamp. (15,88 kg vægt)

Mathias Peter Kveiborg 2000	3473p	2020
Jonas S Laursen, 84	3404p	2005
Rasmus Jensen -1999	3508p	2024
Uffe Jensen, 66	2184p	2011

### Kaste-5-kamp. (15 kg vægt)

Bjarne Vedel, 66	3545p	1990
Mathias Peter Kveiborg 2000	3369p	2021
Jørgen Gotsch, 46	3111p	1992
Uffe Jensen, 66	2549p	1994
Michel Lübbers, 67	2537p	1999
Peter Sielemann, 69	2482p	1989

### 10-kamp.

Bjarne Vedel, 66	7461p	1989
Kristian Ipsen, 93	5088p	2011
Carsten Petersen, 66	5084p	1989
Kim Belza, 70	4810p	1989
Thomas Mogensen, 70	4582p	1989

Jakob Herløv, 67	4354p	1989
Henrik Olsen, 68	4114p	1989
Ralph Larsen, 61	3870p	1989
Zia Afreedi, 69	3637p	1989
Søren O. Madse., 67	3432p	1989
Asger Chandler, 67	3234p	1989

