



100m

K30

14,3s	Helle T Jensen, 64	1998
14,50s	0,0 Ida Harlev, 79	2012

K35

14,68s	0,6 Ida Harlev, 79	2015
15,3s	Connie Holm, 56	1993
15,5s	Benthe Frederiksen, 64	2002
17,0s	-1 Ann Ipsen -1967	2003
18,15s	-1,6 Heidi Pfeiffer, 74	2013

K40

14,63s	0,6 Ann Ipsen -1967	2010
16,24s	Maria Jørgensen, 66	2006
16,2s	Lene Jacobsen, 47	1990
17,51s	-0,4 Jeanette Rønning, 65	2008
17,58s	0,0 Rebacca Speigelhaur, 70	2012
17,98s	-0,1 Rikke Clauesen, 67	2009
18,0s	1,1 Pia Jonassen, 65	2008
19,17s	-2,9 Anni J Ranners, 64	2008

K45

15,02s	0,3 Ann Ipsen -1967	2014
15,7s	Lene Jacobsen, 47	1992
16,0s	Jane Vedel, 43	1990
16,44s	1,4 Jeanette Rønning, 65	2009
17,21s	0,3 Anni Ranners, 64	2009
17,5s	Benthe Poulsen, 52	2000

K50

14,51s	0,9 Ann Ipsen, 1967	2018
15,06s	1,0 Ghita Bredvig -1966	2017
17,1s	0,8 Benthe Poulsen, 52	2002
17,2s	Ann Y Hansen, 36	1989
18,01s	0,6 Jeanette Rønning, 65	2015
18,6s	Lone Grundahl, 51	2002
17,24s	3,1 Jeanette Rønning, 65	2015

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K55

17,7s	Eva Lauritsen, 33	1992
17,8s	Ann Y Hansen, 36	1993

K60

20,5s	Eva Lauritsen, 33	1993
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K75

21,35s	Inge Stampe - 1939	2018
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200m

K35

32,8s	Connie Holm, 56	1993
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K40

30,25s	0,0 Ann Ipsen -1967	2011
35,1s	Lene Jacobsen, 47	1989
40,6s	Alice Andersen, 54	1993
43,1s	Kjerstine Jørgensen, 45	1989
44,1s	Lisbeth Steensgaard, 48	1989

K45

30,92s	-0,1 Ann Ipsen -1967	2015
34,2s	Lene Jacobsen, 47	1993
35,9s	Jane Vedel, 43	1989
51,4s	Lilly Mikkelsen, 44	1989

K50

29,81s	-0,2 Ann Ipsen -1967	2018
40,9s	Ann Y Hansen, 36	1989

K55

39,9s	Eva Lauritsen, 33	1989
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K60

41,4s	Eva Lauritsen, 33	1993
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300m

64,38s	Pia Jonassen, 65	2008
65,69s	Anni J Ranners, 64	2008
66,11s	Jeanette Rønning, 65	2008

Veteran kvinder 2023

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400m

K30

95,82s	Helle T Jensen, 64	1998
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K35

77,74s	Christina Gedsø Færge, 73	2012
79,3s	Benthe Frederiksen, 64	2003
84,17s	Heidi Pfeiffer, 74	2013
86,5s	Ann Ipsen -1967	2003

K40

70,34s	Ann Ipsen -1967	2010
77,77s	Rikke Ulslev Degn -1975	2018
79,27s	Christina Gedsø Færge, 73	2014
84,76s	Pia Jonassen, 65	2009
93,00s	Susanne Wilms, 60	2002
99,99s	Jeanette Rønning, 65	2008

K45

74,56s	Anne Ipsen -1967	2014
82,03s	Kirsten Schilling, 63	2010

K50

70,08s	Anne Ipsen -1967	2018
88,4s	Ann Y Hansen, 36	1989
89,23s	Kirsten Schilling, 63	2015
90,5s	Jytte Wredstrøm, 50	2003
93,37s	Benthe Poulsen, 52	2002

600m

K40

2.39,7m	Pia Jonassen, 65	2008
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800m

K35

3.57,4m	Connie Holm, 56	1992
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K40

2.51,7m	Lene Jacobsen, 47	1987
3.17,97m	Pia Jonassen, 65	2009

Veteran kvinder 2023

opdateret d. 6.03.2024

4.08,3m	Lisbeth Stensgaard, 48	1992
4.29,5m	Kjerstine Jørgensen, 45	1989

K45

2.08,2m	Lene Jacobsen, 47	1992
4.06,9m	Jane Vedel, 43	1989
5.25,2m	Lilly Mikkelsen, 44	1989

K50

3.05,0m	Ann Y Hansen, 36	1987
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K55

3.53,2m	Eva Lauritsen, 33	1989
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1500m

K35

7.46,41m	Marianne L Engberg, 65	2004
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K40

5,37,93m	Rikke Ulslev Degn -1975	2017
5.56,81m	Christine Riis, 73	2014
5.58,5m	Lene Jacobsen, 47	1987
6.20,63m	Susie-Ann Spiegelhauer, 70	2014
7.18,13m	Pia Jonassen, 65	2008

K45

5.56,3m	Lene Jacobsen, 47	1991
5.57,19m	Susanne Christensen, 66	2010
6.52,79m	Pia Jonassen, 65	2012
8.00,00m	Kirsten Schilling, 63	2009

K50

6.24,34m	Ann Y Hansen, 36	1989
7.44,93m	Line Ulendorf, 58	2010

K55

6.12,24m	Ann Y Hansen, 36	1991
7.45,33m	Lisbeth Kromann, 47	2005
8.04,39m	Line Uldendorf, 58	2011

K75

8,48,33m	Inge Stampe, 39	2017
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Veteran kvinder 2023

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3000m

K40

12.46,9m	Lene Jacobsen, 47	1987
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K45

16.24,59m	Kirsten Schilling, 63	2008
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K50

13.38,9m	Ann Y Hansen, 36	1987
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5000m

K35

21.13,16m	Christine Riis, 73	2012
23.21,9m	Jannie Brønback, 62	2002
25.52,4m	Benthe Frederiksen, 64	2002
34.06,4m	Benthe Lauesen, 58	1997

K40

20.21,12m	Susanne Christensen, 66	2010
20.50,17m	Christine Riis, 73	2014
21.45,63m	Lene Jacobsen, 47	1987
22.52,76m	Jannie Brønback, 62	2004
23.21,2m	Karin Halm, 62	2003
24.10,47m	Susie Spiegelhauer, 70	2011
24.31,53m	Pia Jonassen, 65	2009
25.54,3m	Susanne Wilms, 60	2002
27.03,5m	Alice Andersen, 54	1997

K45

20.12,68m	Susanne Christensen, 66	2005
21.16,26m	Kristine Rasmussen -1971	2017
24.32,6m	Lene Jacobsen, 47	1995

K50

22.42,64m	Ann Y Hansen, 36	1987
24.59,76m	Inge Frandsen, 55	2005
25.45,3m	Anne Gotsch, 49	2002
27.39,08m	Lisbeth Kromann, 47	2002

K55

Veteran kvinder 2023

opdateret d. 6.03.2024

21.54,5m	Ann Y Hansen, 36	1991
27.28,50m	Mila Wodzinski, 46	2005
28.26,16m	Kirsten Beck, 46	2004

K60

26.25,33m	Lisbeth Kromann, 47	2008
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10000m bane

K50

46.45,90m	Ann Y Hansen, 36	1990
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K55

45.50,6m	Ann Y Hansen, 36	1991
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K65

27.15,22m	Helga Juhl, 50	2015
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K70

28.42,62m	Lene Hansen, 45	2015
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10 km landevej

K30

47,26m	Lis Rasmussen, 51	1985
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K35

46,46m	Lis Rasmussen, 51	1986
49,52m	Lene Jacobsen, 47	1984
59,45m	Sanne Bruun, 76	2014

K40

45,46m	Lene Jacobsen, 47	1986
56,18m	Sanmne Bruun -1976	2019

K45

42,16m	Susanne H Christensen, 66	2010
43,24m	Kristine Rasmussen -.1971	2019
49,46m	Lene Jacobsen, 47	1989
69,21m	Randi Brammer Carstensen -1972	2019

K50

47,55m	Ann Y Hansen, 36	1990
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Veteran kvinder 2023

opdateret d. 6.03.2024

64,05m	Benthe Poulsen, 52	2004
64,33m	Pia Bendixen, 52	2004
64,50m	Hanne Jønsson, 51	2004

K55

46,33m	Ann Y Hansen, 36	1991
49,41m	Mona Bach -1964	2019
70,17m	Janni Pia Hansen -1964	2019

K60

71,40m	Eva Lauritsen, 33	1995
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K80

76,55m	Inge Stampe -1939	2019
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halvmarathon

K35

2.09,02t	Sanne Bruun, 76	2015
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K40

1,34,21t	Susanne H Christensen, 66	2010
1.39,53t	Christine Riis, 73	2014
1.47,48t	Poia Jonassen, 65	2007
1.54,54t	Maria Jørgensen, 66	2006
2.06,24t	Sanne Bruun -1976	2017

K45

1,51,00t	Lene Jacobsen, 47	1991
2.10,44t	Betina Christensen -1969	2017

K50

1.51,36t	Nona Bach -1964	2017
2.01,44t	Inge Frandsen, 55	2006
2,20,03t	Jytte Wredstrøm, 52	2003
2.26,02t	Benthe Poulsen, 52	2006
2.26,09t	Karin Loje-Nielsen, 60	2010

K55

1.43,24t	Ann Y Hansen, 36	1991
1.47,22t	Jane Ørum, 55	2010
2.06,45t	Gitte Jakobsen -1959	
2.14,07t	Line Uldendorf, 55	2010

Veteran kvinder 2023

opdateret d. 6.03.2024

2.24,11t	Kirsten Beck, 46	2003
2.25,43t	Hanne Jønsson, 51	2006

Marathon

K40

4.14,18t	Pia Jonassen, 65	2007
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K55

3.48,27t	Jane Ørum, 55	2013
4.10,13t	Ann Y Hansen, 36	1996

3000m kapgang B

K50

21.09,15m	Helle Jensen -1963	2017
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K55

20.54,65m	Helle Jensen -1963	2020
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5000m kapgang B

K50

34,45,3m	Helle Jensen -1963	2019
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10000m kapgang B

1.13,12t	Helle Jensen -1963	2018
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10 km kapgang L

K55

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

K55

2.32,50 t	Helle Jensen -1963	2020
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K30

19,10s	-1,1 Ida Harlev, 79	2010
21,27s	Helle T Jensen, 64	1998

Veteran kvinder 2023

opdateret d. 6.03.2024

Længdespring

K30

4,49m	0	Ida Harlev, 79	2009
3,54m		Helle T Jensen, 64	1998

K35

4,35m	-0,6	Ida Harlev, 79	2015
4,09m		Connie Holm, 56	1993
3,71m		Benthe Frederiksen, 64	2002
3,47m		Marianne L. Engberg, 65	2004
2,93m		Heidi Pfeiffer, 74	2013
2,89m		Benthe Lauesen, 58	1997
2,65m		Lisbeth Steensgaard, 48	1987
2,07m		Alice Andersen, 54	1993

K40

4,00m	0,9	Ann Ipsen -1967	2010
3,61m	0,0	Christina Færge Gedsø, 73	2014
3,47m		Susanne Wilms, 60	2002
3,37m		Marianne L. Engberg, 65	2005
3,37m	1,2	Bente Frederiksen, 64	2008
3,28m		Jane Vedel, 43	1987
3,19m	0,0	Susie-Ann Spiegelhauer, 70	2013
3,08m	-0,3	Pia Jonassen, 65	2008
3,06m		Lisbeth Steensgaard, 48	1989
3,01m		Lene Jacobsen, 47	1989
2,48m		Kjerstine jørgensen, 45	1989
2,46m		Alice Andersen, 54	1994
2,30m	1,2	Anni J Ranners, 65	2008

K45

3,63m	-0,1	Ann Ipsen -1967	2015
3,60m		Jane Vedel, 43	1989
3,20m	1,0	Kirsten Schilling, 63	2008
3,15m	-2,1	Jeanette Rønning, 65	2013
3,10m	1,0	Anni Ranners, 64	2010
2,85m		Benthe Poulsen, 52	2000
2,65m		Lene Jacobsen, 47	1992
2,33m		Lilly Mikkelsen, 44	1989

K50

3,71m		Ann Ipsen -1967	2017
3,43m		Ghita Bredvig -1966	2017

Veteran kvinder 2023

opdateret d. 6.03.2024

3,08m	Lone Grundahl, 51	2002
K55		
3,04m	Eva Lauritsen, 33	1989
K60		
2,73m	Eva Lauritsen, 33	1993
K75		
1,98m	Kirsten Küster -1943	2018

Højdespring

K30		
1,38m	Ida Harlev, 70	2009
K35		
1,10m	Connie Holm, 56	1993
1,05m	Alice Andersen, 54	1993
K40		
1,30m	Jeanette Rønning, 65	2009
1,28m	Susie Spiegelhauer, 70	2014
1,25m	Susanne Wilms, 60	2002
1,18m	Ann Ipsen -1967	2008
1,10m	Lone Jørgensen, 43	1987
1,10m	Jane Vedel, 43	1987
1,05m	Alice Andersen, 54	1994
1,05m	Lisbeth Steensgaard, 48	1992
1,02m	Lene Jacobsen, 47	1989
1,02m	Kjerstine Jørgensen, 45	1989
1,00m	Benthe Lausen, 58	2002
K45		
1,28m	Jeanette Rønning, 65	2010
1,20m	Susanne Wilms, 60	2005
1,05m	Jane Vedel, 43	1992
1,00m	Lene Jacobsen, 47	1994
0,90m	Lilly Mikkelsen, 44	1989
K50		
1,20m	Jeanette Rønning, 65	2015

Veteran kvinder 2023

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K55

0,99m	Eva Lauritsen, 33	1989
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K60

0,95m	Eva Lauritsen, 33	1994
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K70

1,05m	Kirsten Küster -1943	2017
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K75

1,00m	Kirsten Küster -1943	2018
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Trespring

K40

6,33m	0,5 Pia Jonassen, 65	2008
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Stangspring

K30

2,20m	Ida Harlev, 79	2010
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Kugle

K30 4 kg

9,73m	Ida Harlev, 79	2009
8,33m	Tine Tofteng, 66	1997
7,23m	Susanne Vedel, 63	1993

K35 4 kg

10,70m	Connie Holm, 56	1995
10,12m	Marianne L. Engberg, 65	2004
8,62m	Tine Winther, 61	2000
7,84m	Heidi Pfeiffer, 74	2013
6,31m	Christine Gedsø Færge, 73	2012
5,75m	Benthe Lauesen, 58	1997
5,25m	Alice Andersen, 54	1993

K40 4 kg

10,10m	Connie Holm, 56	1998
10,10m	Marianne L. Engberg, 65	2006

Veteran kvinder 2023

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8,42m	Heidi Pfeiffer, 74	2015
7,62m	Jane Vedel, 43	1990
7,37m	Jeanette Rønning, 65	2009
6,40m	Benthe Lauesen, 58	1999
6,20m	Pia Jonassen, 65	2009
5,61m	Lene Jacobsen, 47	1989
5,55m	Lisbeth Stensgaard, 48	1989
4,95m	Kjerstine Jørgensen, 45	1989
4,88m	Alice Andersen, 54	1994

K45 4 kg

9,70m	Connie Holm, 56	2002
7,79m	Jeanette Rønning, 65	2010
6,74m	Hanne Jønsson, 51	2000
6,44m	Lone Jørgensen, 43	1987
6,22m	Jane Vedel, 43	1988
5,84m	Pia Jonassen, 65	2011

5,52m	Lene Jacobsen, 47	1994
4,90m	Kirsten Schilling, 63	2008
4,92m	Lilly Mikkelsen, 44	1989

K50 3 kg

10,41m	Connie Holm, 56	2009
8,27m	Jeanette Rønning, 65	2015
6,24m	Eva Lauritsen, 33	1987
6,01m	Ann Y Hansen, 36	1987

K50 4 kg

9,33m	Connie Holm. 56	2008
8,27m	Jeanette Rønning, 66	2015
6,27m	Pia Jonassen, 65	2008
5,77m	Eva Lauritsen, 33	1987
5,41m	Anni J Ranners, 64	2008
5,30m	Ann Y Hansen, 36	1988

K55 4 kg

8,83m	Connie Holm. 56	2014
5,77m	Eva Lauritsen, 33	1989

K55 3 kg

9,40m	Connie Holm 1956	2014
6,73m	Eva Lauritsen, 33	1992

Veteran kvinder 2023

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K60 3 kg

8,30m	Connie Holm -1956	2017
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Diskoskast

K30 1 kg

28,10m	Ida Harlev, 79	2009
24,32m	Tine Tofteng, 66	1997
23,58m	Susanne Vedel, 63	1993

K35 1 kg

30,42m	Connie Holm, 56	1994
27,77m	Marianne L. Engberg, 65	2004
22,51m	Ida Harlev, 79	2014
16,40m	Doris Jørgensen, 69	2007
16,23m	Lone Jørgensen, 43	1987
12,12m	Christina G Færge, 73	2011

K40 1 kg

28,92m	Connie Holm, 56	1997
27,71m	Marianne L. Engberg, 65	2005
24,01m	Jane Vedel, 43	1984
19,37m	Pia Jonassen, 65	2008
17,90m	Jeanette Rønning, 65	2009
15,48m	Lisbeth Steensgaard, 48	1991
15,32m	Heidi Pfiesser Poulsen -1974	2018
14,66m	Anni J Ranners, 64	2008
13,60m	Ann Ipsen, 64	2008
11,81m	Christina Færge Gedsø, 73	2013

K45 1 kg

25,50m	Connie Holm, 56	2002
21,50m	Jane Vedel, 43	1988
17,50m	Pia Jonassen, 65	2011
16,26m	Jeanette Rønning, 65	2011
16,12m	Lene Jacobsen, 47	1992

K50 1 kg

24,02m	Connie Holm, 56	2008
16,06m	Eva Lauritsen, 33	1987
14,19m	Ann Y Hansen, 36	1987

Veteran kvinder 2023

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K55 1 kg

22,26m	Connie Holm, 55	2013
17,40m	Eva Lauritsen, 33	1989

K60 1 kg

17,13m	Connie Holm, 55	2018
16,88m	Kirsten Rask, 53	2015

K70

13,60m	Kirsten Küster, 43	2015
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K75

15,41m	Kirsten Küster, 43	2018
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Spydkast

K30 600g

30,54m	Ida Harlev, 79	2010
22,39m	Tine Tofteng, 66	1998

K35 600 g

30,82m	Connie Holm, 56	1993
29,92m	Ida Harlev, 79	2015
23,15m	Tine Winter, 61	2000
20,48m	Heidi Pfeiffer, 74	2013
20,37m	Marianne L: Engberg, 65	2004
18,16m	Christina G Færge, 73	2011
11,94m	Alice Andersen, 54	1993

K40 600g

31,46m	Connie Holm, 56	1997
22,35m	Heidi Pfeiffer, 74	2015
20,98m	Jane Vedel, 43	1984
20,77m	Marianne L: Engberg, 65	2005
19,99m	Jeanette Rønning, 65	2009
17,53m	Christina G Færge, 73	2014
17,07m	Lisbeth Steensgaard, 48	1989
14,36m	Benthe Lauesen, 58	2000
14,08m	Pia Jonassen, 65	2008
13,60m	Alice Andersen, 54	1994
12,73m	Lene Jacobsen, 47	1989

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K45 600 g

28,63m	Connie Holm, 56	2002
23,11m	Jeanette Rønning, 65	2010
19,08m	Jane Vedel, 43	1989
13,94m	Lene Jacobsen, 47	1992
12,53m	Pia Jonassen, 65	2010

K50 500g

27,60m	Connie Holm, 56	2006
17,41m	Jeanette Rønning, 65	2018

K50 600g

18,83m	Ann Y Hansen, 36	1987
13,73m	Eva Lauritsen, 33	1987

K55 400 g

15,48m	Eva Lauritsen, 33	1992
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K55 500 gram

21,86m	Connie Holm, 56	2013
19,44m	Kirsten Rask, 53	2014

K60 400 g

19,75m	Connie Holm, 56	2017
12,20m	Eva Lauritsen, 33	1993

K60 500 g

18,43m	Kirsten Rask, 53	2015
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Hammerkast

K30

29,54m	Ida Harlev, 79	2009
20,16m	Susanne Vedel, 63	1993

K35

25,12m	Ida Harlev, 79	2015
16,33m	Marianne L. Engberg, 65	2004
21,64m	Doris Jørgensen, 69	2007
14,44m	Alice Andersen, 54	1993

Veteran kvinder 2023

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K40

21,65m	Marianne L. Engberg, 65	2007
20,74m	Connie Holm, 56	1997
19,58m	Pia Jonassen, 65	2008
14,44m	Jeanette Rønning, 65	2009

K45

20,30m	Jeanette Rønning, 65	2011
17,75m	Connie Holm, 56	2004
16,98m	Pia Jonassen, 65	2011

K50, 3. kg

20,94m	Connie Holm, 56	2009
19,48m	Jeanette Rønning, 65	2018

K50, 4. kg

22,52m	Connie Holm, 56	2009
21,59m	Jeanette Rønning, 65	2015

K55, 3 kg

23,41m	Connie Holm, 56	2013
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K55, 4 kg

25,57m	Connie Holm, 56	2014
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K60, 3 kg

23,16m	Connie Holm, 56	2017
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Vægtkast

K35 9,075 kg

6,87m	Marianne L. Engberg, 65	2004
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K40 9,075kg

8,01m	Marianne L. Engberg, 65	2005
7,38m	Connie Holm, 56	1997

K55 7,60kg

7,60m	Connie Holm, 56	2014
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Veteran kvinder 2023

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Kaste3-kamp

Ku-disk-spyd

K35

1418p	Marianne L Engberg, 65 9,45-26,01-20,37	2004
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K40

1604p	Connie Holm, 56 9,42-27,80-28,34	1997
1231p	Jane Vedel, 43	1987

K50

892p	Eva Lauritsen, 33	1987
811p	Ann Y Hansen, 36	1987

K55

869p	Eva Lauritsen, 33 6,57-17,46-15,18	1989
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Kaste 4 kamp

Ha-ku-disk-spyd

K35

1639p	Marianne L Engberg, 65 16,33-9,45-26,01-20,37	2004
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K40

1945p	Connie Holm, 56 20,74-9,42-27,80-28,34	1997
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Kaste 5-kamp

Ha-ku-disk-vægt-spyd

K35

1996p	Marianne L Engberg, 65 16,33-9,45-26,01-6,87-20,37	2004
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K40

2451p	Connie Holm, 56 20,74-9,42-2,780-7,38-28,34	1997
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K55

2193p

Connie Holm, 56

2014

25,57-8,69-20,85-20,00-7,45