



100 m

M30

11,97s	2,3	Emil Jespersen -1974	2024
12,66s	0,0	Claus Landal -1982	2014
12,7s		Frank Engmark -1957	1987
13,0s	0,5	Michael Pedersen -1973	2007
13,5s		Søren K Jacobsen -1970	2002
13,5s		Jens Holm -1951	1983
13,6s		Claus Berentsen -1957	1991
13,7s		Erik G Olsen -1970	2000
15,6s		Carsten Theilgaard -1958	1989

M35

11,9s		Kurt Brandt -1946	1983
12,7s		Bjarne Andersen -1955	1993
12,80s		Søren K Jacobsen -1970	2007
13,2s		Rene Ipsen -1964	2003
13,4s		Ole Svendsen -1941	1979
13,5s		Ulrich Engmark -1953	1992
13,4s		Kim Madsen -1958	1993

M40

11,7s	0,5	Ole Rubach -1952	1996
12,1s		Wagner Sørensen -1935	1978
12,9s		Hans Helmig -1935	1979
13,0s		Ole Svendsen -1941	1983
13,24s	-0,9	Jørgen Matz, -1967	2008
13,39s	0,1	Rene Ipsen -1964	2008
13,52s	0,7	Bo Færge, -1971	2012
13,8s		Ulrich Engmark -1953	1993
14,0s	0,5	Jens Kusk, -1963	2007
14,0s	0,7	Henning Thomsen -1966	2007
14,1s		Henning Mikkelsen, -1942	1984
14,1s		Per Jacobsen -1947	1989
14,2s	0,3	Tommy Rønning, -1965	2007
14,5s		Frode Sielemann, -1941	1983
14,6s		Lars Sonqvist, -1952	1993
14,9s		Torben Steensgard, -1948	1992
16,83s	-3,5	Kennet Nielsen, -1967	2011

Veteraner mænd 2024

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M45

12,1s		Wagner Sørensen -1935	1981
12,5s	-0,6	Ole Rubach -1952	1997
13,2s		Kjeld Holm, -1946	1993
13,3s		Ole Svendsen -1941	1987
13,30s	3,1	Christian Andersen, -1969	2015
13,52s	1,8	Henning Thomsen -1966	2012
13,57s	-0,4	Bo Færge -1941	2019
13,82s	0,8	René Ipsen, -1964	2011
14,39s		Rasmus Borch -1978	2024
14,6s		Povl Erik Hansen, -1936	1984
14,8s		Per Jacobsen -1947	1993
14,9s		Erik G Sørensen, -1942	1989
15,7s		Kaj L Nielsen, -1942	1989

M50

13,0s		Wagner Sørensen -1935	1985
13,40s	-0,2	Michael Finch Pedersen -1973	2024
13,64s	0,4	Erling Klysner, -1955	2006
13,7s	1,0	Kjeld Holm, -1946	1998
14,88s	-0,6	Povl Thomsen, -1959	2013
14,9s		Povl Erik Hansen, -1936	1987
15,6s		Arne Hansen, -1935	1989
15,8s		Erik G Sørensen, -1942	1992
15,8s		Kaj L Nielsen, -1942	1994
16,5s		Ib Gregersen , -1938	1992
17,8s		Povl Vedel, -1938	1989

M55

13,91s	-0,9	Kjeld Holm, -1946	2004
14,2s		Povl Erik Hansen, -1936	1992
16,5s		Kaj Nielsen, -1930	1989
16,0s		Arne Hansen, -1935	1994

M60

14,62s	1,5	Kjeld Holm, -1946	2006
14,86s	1,0	Jesper Lützen, -1957	2016
15,20s	3,1	Ole Rubach, -1957	2015
16,2s		Povl Lauridsen, -1929	1989
16,50s	0,02	Per Hansen -1955	2024
16,52s		Kim Green -1965	2024
17,0s		Kaj Nielsen, -1930	1991

Veteraner mænd 2024

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M65			
15,45s	0,2	Kjeld Holm, -1946	2011
16,3s	0,8	Povl Lauridsen, -1929	1996

M70			
17,64s		Sven-Erik Drisig -1951	2024

200 m

M30			
26,06s	0,5	Michael Pedersen, -1970	2004
27,4s	0,5	Per H Christensen, -1966	1999
29,9s		Claus Berentsen -1957	1991

M35			
24,3s		Kurt Brandt -1946	1985

M40			
25,1s		Wagner Sørensen -1935	1978
24,93s	-0,7	Ole Rubach -1952	1995
27,44s	-2,2	Jørgen Matz, -1967	2008
35,94s	-2,7	Kennet Nielsen, -1967	2011

M45			
24,8s		Wagner Sørensen -1935	1981
26,3s	-0,9	Ole Rubach -1952	1997
28,3s		Ole Svendsen -1941	1987
30,68s	-2,7	Henning Thomsen, -1966	2011
34,39m	1	Anders Sættrup Dinesen -1975	2024

M50			
26,64s	2,3	Erling Klysner, -1955	2006
26,7s		Wagner Sørensen -1935	1985
28,09s	0	Michael Finch Pedersen -1973	2024
28,47s	0	Kjeld Holm, -1946	1998
30,7s	0	Poul Thomsen, -1959	2011

M55			
29,75s		Kjeld Holm, -1946	2004
32,23s	-0,6	Jesper Lützen, -1957	2016
34,30s	-0,5	Kim Green , 1965	2024

M60			
29,70s	0,4	Jesper Lützen -1957	2017

Veteraner mænd 2024

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30,22s	Kjeld Holm, -1946	2008
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M70

40,01s -0,3	Sven-Erik Dreisig -1951	2024
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300m

M30

41,53s	Michael Pedersen -1973	2007
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M35

39,19s	Michael Pedersen -1973	2009
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M45

47,71s	Torben Riis, -1969	2014
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M50

43,39s	Henrik Schwartsbach, -1966	2016
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M60

47,53s	Jesper Lützen -1957	2017
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400 m

M30

54,4s	Søren Hanghøj, -1963	1993
55,22s	Thomas Snorason -1973	2004
55,3s	Per H Christensen, -1966	1996
56,54s	Michael Pedersen -1973	2007
59,5s	Jacob Herløv, -1967	1997
60,3s	Erik Olsen, -1970	2000
62,3s	Jens Holm -1951	1983
62,9s	Claus Berentsen -1957	1990
63,8s	Ole B Jensen, -1955	1987
72,1s	Niels Mann, -1963	1993
80,8s	Carsten Theilgaard -1958	1989

M35

54,43s	Michael Pedersen -1973	2009
58,5s	Kurt Brandt -1946	1983
59,1s	Stephan Jensen, -1963	1998
61,01s	Kim Madsen -1958	1993
62,3s	Ole Svendsen -1941	1979
69,8s	Palle Mogensen, -1967	2003

Veteraner mænd 2024

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M40

55,8s	Wagner Sørensen -1935	1979
56,07s	Ole Rubach -1952	1995
65,23s	Morten Müllertz, -1963	2004
65,50s	Jørgen Matz, -1967,	2009
66,0s	Per Jacobsen -1947	1989
69,88s	Bo Færge, -1971	2012
70,7s	Lars Sonqvist, -1952	1994
81,0s	Torben Steensgard, -1948	1992
84,28s	Stig Falkenblad, -1972	2016
84,93s	Kennet Nielsen, -1967	2011

M45

55,3s	Wagner Sørensen -1935	1981
60,18s	Henrik Schwartzbach, 1966	2015
62,28s	Torben Riis, -1969	2014
63,98s	Per H Christensen -1966	2013
66,5s	Ole Svendsen -1941	1987
66,9s	Kjeld Holm, -1946	1993
68,1s	Per Jacobsen -1947	1994
68,42s	René Ipsen, -1964	2011
74,2s	Erik G Sørensen, -1942	1989
86,8s	Kaj L Nielsen, -1942	1989

M50

59,27s	Henrik K Jørgensen, -1961	2012
59,2s	Wagner Sørensen -1935	1985
60,33s	Henrik Schwartzbach, -1966	2016
63,16s	Michael Finch Pedersen -1973	2024
74,46s	Dirk André, -1960	2013
81,4s	Erik G Sørensen, -1942	1993
82,8s	Kaj L Nielsen, -1942	1994
84,6s	Ib Gregersen , -1938	1992
93,8s	Povl Vedel, -1938	1992

M55

62,01s	Henrik K Jørgensen -1961	2016
79,8s	Povl Erik Hansen, -1936	1989
80,85s	Kim Green -1965	2024
84,6s	Arne Hansen, -1935	1992

M60

66,02s	Jesper Lützen -1957	2017
80,30s	Kjeld Holm, -1946	2006
85,4s	Povl Lauridsen, -1929	1989
89,1s	Kaj Nielsen, -1930	1989

Veteraner mænd 2024

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M65		
94,0s	Povl Lauridsen, -1929	1994

800 m

M30		
2.01,48m	Per H Christensen, -1966	1996
2.06,7m	Jacob Herløv, -1967	1997
2.05,78m	Michael Pedersen -1973	2005
2.09,18m	Thomas Snorreson, -1973	2004
2.26,21m	Jesper Vad, -1967	1999

M35		
2.01,91m	Michael Pedersen -1973	2009
2.13,3m	Per Christensen -1966	2001
2.22,90m	Erik G. Olsen, 70	2005
2.27,34m	Kim Madsen -1958	1993

M40		
2.10,0m	Per H Christensen, 66	2007
2.37,17m	Jørgen Matz, 67	2008
2.44,3m	Tommy Rønning, 65	2007

M50		
2,10,70m	Henrik Jørgensen, 61	2012
2.50,03m	Erik G. Olsen -1970	2024

M55		
2.33,42m	Henrik Jørgensen, 61	2016

M65		
2,51,16m	Knud R Andersen -1942	2009

M70		
2,57,60m	Knud R Andersen -1942	2012

1000 m

M30		
2.44,6m	Søren Hanghøj, 63	1994
2.50,14m	Michael Pedersen -1973	2006

M35		
3.22,4m	Kim Madsen -1958	1995

Veteraner mænd 2024

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M45

3.46,25m	Jørgen Matz, 67	2008
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1500 m

M30

4.13,66m	Steiner Jørstad, 58	1988
4.13,9m	Jacob Herløv, 67	1997
4.14,0m	Stephan Jensen, 63	1996
4.14,2m	Søren Hanghøj, 63	1994
4.14,53m	Per H Christensen, 66	1996
4.19,57m	Paulo Jensen, 79	2011
4.23,6m	Erik Olsen, 70	2000
4.53,5m	Claus Berentsen -1957	1991
5.06,27m	Jesper Vad, 67	1999
6.25,3m	Carsten Theilgaard -1958	1989

M35

4.18,2m	Søren Hanghøj, 63	1998
4.15,01m	Michael Pedersen -1973	2009
4.23,9m	Stephan Jensen, 63	1998
4.25,00m	Per H Christensen, 66	2003
4.33,92m	Erik G. Olsen, 70	2005
4.50,9m	Per Jakobsen, 47	1984
4.58,3m	Ove Rasmussen, 48	1983
4.58,9m	Ole Svendsen -1941	1979
5.15,9m	Kim Madsen -1958	1993

M40

4.13,5m	Edmund B Jørgensen, -1933	1977
4.20,61m	Per H Christensen, -1966	2009
4.31,6m	Knud R Andersen -1942	1984
4.41,2m	Stephan Jensen, -1963	2003
4.45,35m	Torben Riis, -1969	2012
4.57,3m	Wagner Sørensen -1935	1978
4.58,1m	Per Jacobsen -1947	1987
4.59,1m	Ole Svendsen -1941	1983
5.18,09m	Erik G. Olsen, -1970	2010
5.19,03m	Morten Müllertz, -1963	2006
5.24,6m	Lars Sonqvist, -1952	1994
5.29,3m	Ole Rubach -1952	1996
5.41,88m	Henrik Back, -1964	2008
6.01,6m	Kaj L. Nielsen, -1942	1984
7.10,72m	Kennet Nielsen, -1967	2011
7.20,1m	Tommy Rønning, -1965	2006

Veteraner mænd 2024

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8.26,5m	Torben Steensgard, -1948	1992
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M45

4.10,9m	Edmund B Jørgensen, -1933	1978
4,25,32m	Per H Christensen, -1966	2011
4.47,7m	Knud R Andersen -1942	1988
4.51,50m	Stephan Jensen, -1963	2011
4.58,9m	Svend H Hansen, -1937	1983
5,11,95m	Morten Müllertz, -1963	2009
5.14,69m	Bo Rønsholt, -1965	2014
5.31,67m	Dirk Andre Pape, -1960	2008
5.19,4m	Per Jacobsen -1947	1994
5.59,1m	Erik G Sørensen, -1942	1989
6.06,2m	Kjeld Holm, -1946	1993
6.22,32m	Henrik Back, -1964	2009
6.53,7m	Kaj L Nielsen, -1942	1989

M50

4,23,01m	Henrik Jørgensen, -1961	2013
4.48,79m	Per H Chrestensen, -1966	2016
5,41.55m	Erik G Olsen -1970	2024
5,59,4m	Erik G Sørensen, -1942	1992
5,57,0m	Ib Gregersen , -1938	1992
6.43,7m	Povl Erik Hansen, -1936	1989
7.04,9m	Kaj L Nielsen, -1942	1994
7.45,1m	Arne Hansen, -1935	1989

M55

4.34,16m	Henrik Jørgensen, -1961	2017
6.43,5m	Povl Erik Hansen, -1936	1992
7.14,6m	Arne Hansen, -1935	1991

M60

7.18,6m	Povl Lauridsen, -1929	1989
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M65

5.29,08m	Knud R Andersen -1942	2007
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M70

5.56,23m	Knud R Andersen -1942	2012
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1 mile

M45

4.33,1m	Edmund B Jørgensen, -1933	1978
5.13,75m	Torben Riis, -1965	2014

Veteraner mænd 2024

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M50		
4,59,90m	Henrik Jørgensen, -1961	2011

M55		
5.03,65m	Henrik Jørgensen, -1961	2016

<u>2000 m</u>		
5,50,4m	Søren Hanghøj, -1963	1993

<u>3000 m</u>		
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M30		
8.47,39m	Paulo Jensen, -1979	2010
9.12,61m	Erik G Olsen -1970	2000
10.08,7m	Stephan Jensen, -1963	1997
10.20,91m	Michael Pedersen -1973	2005
11.05,9m	Ole B Jensen, -1955	1986
13.30,6m	Michael Friborg, -1966	1997
13.57,6m	Frank Olsen, -1967	1997

M35		
9.10,13m	Per Christensen -1966	2002
9.36,17m	Erik G. Olsen, 70	2006
10.35,48m	Michael Pedersen -1973	2010

M40		
9.20,00m	Per Christensen -1966	2006
9.48,9m	Knud R Andersen -1942	1985
10.15,28m	Torben Riis, -1969	2012
10.50,0m	Per Jacobsen -1947	1988

M45		
9.50,76m	Per H Christensen -1966	2014
10.16,89m	Stephan Jensen, -1963	2011
10.25,23m	Torben Riis, -1965	2014
10,50,35m	Morten Mullertz, -1963	2009
10.52,02m	Jan G Rasmussen, -1969	2016
10.53,6m	Svend H Hansen, -1937	1983

M50		
9.28,39m	Henrik Jørgensen, -1961	2012
9.28,49m	Per H Christensen, -1966	2016

Veteraner mænd 2024

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M55

9.54,03m	Henrik Jørgensen, 61	2017
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5000 m

M30

15.04,42m	Paulo Jensen, 79	2010
15.37,0m	Erik Olsen, 70	2000
15,37,3m	Henrik Andersen, 60	1990
15.46,29m	Per Christensen -1966	1999
16.40,8m	Stephan Jensen, 63	1995
16.48,8m	Søren Hanghøj, 63	1996
17.06,60m	Per Friis, 70	2003
17.34,2m	Claus Berentsen -1957	1989
17.37,0m	Per Jakobsen, 47	1982

M35

15.34,12m	Per Christensen -1966	2005
16.00,8m	Søren Hanghøj, 63	1998
16.25,79m	Erik G. Olsen, 73	2006
17.46,59m	Klaus Lundstrøm, 60	1999
18.20,2m	Søren Rasmussen, 65	2002
18.11,3m	Per Jakobsen, 47	1985
19.09,6m	Ole Svendsen -1941	1979
19.27,7m	Kim Madsen -1958	1996
20.50,49m	Allan H Pedersen, 71	2009

M40

15.50,39m	Per H Christensen, 66	2006
16.46,1m	Knud R Andersen -1942	1984
17.38,40m	Torben Riis, 69	2012
18.30,5m	Edmund B Jørgensen, 33	1977
19.07,92m	Morten Müllertz, 65	2009
19.16,81m	Henrik Holmgren, 71	2013
19.53,1m	Lars Sonqvist, 52	1995
21.38,9m	Jørgen Matz, 67	2007
20.41,5m	Niels Sonqvist, 52	1996
21.09,73m	Erik Olsen, 70	2014
23.44,7m	Bo Kjeldsen, 48	1995

M45

16.18,02m	Per H Christensen, 66	2014
16.30,0m	Edmund B Jørgensen, 33	1978
16.51,43m	Knud R Andersen -1942	1987
17.59,14m	Torben Riis, 65	2014

Veteraner mænd 2024

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18.37,4m	Svend H Hansen, 37	1984
M50		
16.27,82m	Henrik Jørgensen, 61	2013
16.53,16m	Per H Christensen, 66	2016
19.57,66m	Jan Grønlund Rasmussen -1969	2019
19.59,4m	Mogens Grønnebæk, 51	2003
M55		
16.56,95m	Henrik Jørgensen, 61	2016
21.29,1m	Ib Gregersen, 38	1993
M60		
19.22,58m	Knud R Andersen -1942	2004
M65		
19.42,75m	Knud R Andersen -1942	2007
M70		
21.13,60m	Knud R Andersen -1942	2012
<u>10.000 m bane</u>		
M30		
33.18,0m	Per Christensen -1966	2000
33.43,1m	Erik G Olsen -1970	2000
37.58,0m	Per Jakobsen, 47	1982
41.38,0m	Ove Rasmussen, 48	1981
M35		
33,21,94m	Per Christensen -1966	2003
40.55,5m	Ove Rasmussen, 48	1985
M40		
33.26,33m	Per H Christensen, 66	2009
35.26,4m	Knud R Andersen -1942	1985
M45		
35.05,8m	Knud R Andersen -1942	1989
35.39,60m	Per H Christensen, 66	2013
38.07,06m	Svend H Hansen, 37	1984
M50		
35.06,68m	Henrik Jørgensen, 61	2013
45.42,44m	Mogens Grønnebæk, 51	2003

Veteraner mænd 2024

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M55		
35,23,62m	Henrik Jørgensen, 61	2016

M60		
40.14,57m	Knud R Andersen -1942	2004

M65		
41.51,61m	Knud R Andersen -1942	2007

1 dansk mil (7,532 km)

M30		
26,34m	Erik G Olsen -1970	2003
28,26m	Michael Pedersen -1973	2004

M35		
24,43m	Per Christensen -1966	2003
29,06m	Søren Rasmussen, 67	2003

10 km landevej

M30		
32,30m	Paulo Jensen, 79	2010
32,37m	Søren Hanghøj, 63	1994
32.50m	Henrik Andersen, 60	1990
32.56m	Per H Christensen, 66	1997
33,50m	Stephan Jensen, 63	1995
34.00m	Carsten Skinnebak, 61	1994
35.04m	Jørn Dresler, 67	1998
35,41m	Erik G Olsen -1970	2003
36.51m	Jacob Herløv, 67	1998
37,42m	Michael Pedersen -1973	2007
39.08m	Ole B Jensen, 55	1987
40.17m	Flemming Barnewitz, 68	1998
45.59m	Jens Holm -1951	1983

M35		
32.36m	Per H Christensen, 66	2002
33.51,2m	Jørn Dresler, 64	1999
34.02m	Carsten Skinnebak, 60	1995
34.07m	Søren Hanghøj, 63	1998
34,31m	Erik G. Olsen, 70	2006
35,42m	Brian Lauridsen, 70	2008
36,13m	Michael Pedersen -1973	2008
36.41m	Søren Rasmussen, 65	2002
37,20m	Niels P Nielsen, 55	1994

Veteraner mænd 2024

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37.21m	Per Jakobsen, 47	1984
38.54m	Ove Rasmussen, 48	1987
40.20,3m	Stephan Jensen, 63	1999
40.37m	Kim Madsen -1958	1995
41.26m	Morten Müllertz, 63	2002
41.30,2m	Kaj L. Rasmussen, 42	1983

M40

32,56m	Per H Christensen, 66	2006
37,32m	Niels P Nielsen, 55	1995
38.47m	Ole Svendsen -1941	1981
40.03m	Lars Sonqvist, 52	1995
41,54m	Martin Junge, 69	2011
41,56m	Jørgen Matz, 67	2009
47.45m	Niels Sonqvist, 52	1995

M45

34,40m	Per H Christensen, 66	2014
39,29m	Morten Müllertz, 63	2009
40.05m	Per Jacobsen -1947	1994
43.15m	Jan Pedersen, 59	2005
43,18m	Iver Laursen, 58	2004
44,38m	Jan Magnuson, 57	2004
47,27m	Kjeld Holm, 46	1994
47,40m	Hans Nielsen, 46	1994
50,20m	Janus Emtkjær, 55	2004
50.50m	Bo Kjeldsen, 48	1996

M50

34,44m	Per H Christensen, 66	2016
35,02m	Henrik Jøegensen, 61	2013
42.47m	Mogens Grønnebæk, 51	2005
44.27m	Per Jakobsen, 47	1996
46,24m	Dirch-André Pape, 61	2015
48.35m	Erik G Sørensen, 42	1996
53,05m	Hasse Jønsson, 51	2004
53,40m	Arne Poulsen, 51	2004
53,59m	Rene Henriksen, 56	2004
57,55m	Arne Hansen, 35	1994

M55

36,16m	Henrik Jørgensen -1961	2016
43.01m	Ib Gregersen -1938	1994
53,58m	Povl Erik Hansen -1936	1994
57.48m	Arne Hansen -1935	1996

Veteraner mænd 2024

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M60		
40,40m	Knud R Andersen -1942	2006
49,36m	Ivar Laursen -1958	2019

M65		
40,35m	Knud R Andersen -1942	2007
63,14m	Kjeld Holm -1946	2014

M70		
44,59m	Knud R Andersen -1942	2014
59,01m	Hennie Van Der Muts -1941	2014

M75		
66,33m	Hendricus Van Der Muth -1941	2019

15 km landevej

M30		
49.14m	Henrik Andersen, 60	1990
49.53m	Erik Olsen, 70	2002
50.06m	Per H Christensen, 66	1997
52.31m	Jakob Herløv, 67	1997
52.56m	Steiner Jørstad, 58	1988
55,12m	Carsten Skinnebak, 60	1992
55.52m	Ralph Larsen, 61	1991
58.23m	Carsten Skinnebak, 61	1991
69.21m	Ole B Jensen, 55	1986

M35		
50.48m	Per Christensen -1966	2002
53.37m	Jørn Dresler, 64	1999
57.51m	Søren Rasmussen, 65	2002
61.23m	Ove Rasmussen, 48	1986

M40		
54.27m	Knud R Andersen -1942	1984
69.08m	Erik G Sørensen,	1986

M50		
73,34m	Dirck Andre Pape, 60	2014

Halv marathon

M30		
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Veteraner mænd 2024

opdateret d. 19.4.2025

1.13,18t	Henrik Andersen, 60	1991
1.14,48t	Per Christensen -1966	1998
1.20,00t	Carsten Skinnebak, 61	1992

M35

1.12,09t	Per Christensen -1966	2001
1.29,29t	Stephan Jensen, -1963	1998
1.29,53t	Kim Madsen -1958	1994
2.22,33t	Palle Mogensen, -1967	2003
1.43,30t	Karsten L Garne, -1976	2016
1.48,42t	Claus Landal -1982	2017

M40

1.14,33t	Per H Christensen, -1966	2006
1.30,49t	Stephan Jensen, -1963	2006
1.34,46t	Lars Sonqvist, -1952	1995
1.36,50t	Dirk-Andre Pape, -1960	2003
1.43,26t	Kim Madsen -1958	1998
1.45,33t	Niels Sonqvist, -1952	1995

M45

1.28,45t	Per Jacobsen -1947	1994
1.41,50t	Jørgen Matz, -1967	2014
1.43,15t	Ole Jakobsen, -1965	2012
1.49,59t	Kim Green, -1965	2013
1.55,33t	Kjeld Holm, -1946	1994
1.58,50t	Tommy Rønning, -1965	2014
2.04,46t	Kennet Nielsen, -1967	2012

M50

1.33,53t	Mogens Grønnebæk, -1951	2003
1.36,48t	Jens Nielsen,	2006
1.41,29t	Ib Gregersen, -1938	1994
1.42,22t	Dirk André, -1960	2013
1.57,07t	Jack B Jørgensen, -1963	2014
2.01.17t	Rene V Henriksen, -1957	2007
2.22,25t	Erling Klysner, -1955	2004

M55

1.17,57t	Henrik Jørgensen -1961	2017
1.29,52t	Mogens Grønnebæk, -1955	2006
1.47,32t	Ivar Laursen -1958	2017
1.57,40t	Arne Poulsen, -1951	2006
2.13,20t	Flemming Olsen, -1956	2012

M60

Veteraner mænd 2024

opdateret d. 19.4.2025

1.29,02t	Knud R Andersen -1942	2006
1.58,53t	Kjeld Holm, -1946	2006
2.08,23t	Hasse Jønsson, -1951	2015
2.10,17t	Henrik Back, -1964	2013

M65

1.29.10t	Knud R Andersen -1942	2007
2.13,06t	Kjeld Holm, -1946	2015

M70

1.39,47t	Knud R Andersen -1942	2014
2.00,24t	Hennie Van Der Muts, -1941	2012

M75

2.16,19t	Hendricus Van der Muts -1941	2017
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Marathon

M30

2.36,07t	Erik G Olsen -1970	2000
2.37,10t	Per H Christensen, -1966	2000
2.48,05t	Carsten Skinnebak, -1960	1994
2.57,46t	Claus Berentsen -1957	1989
3.05,34t	Per Jakobsen, -1947	1982
3.34,56t	Ove Rasmussen, -1948	1982

M35

2.34,43t	Per Christensen -1966	2001
2.45,56t	Carsten Skinndebak, -1960	1995
2.49,54t	Søren Rasmussen, -1965	2002
3.06,06t	Ove Rasmussen, -1948	1984
3.11,48t	Stephan Jensen, -1963	1998
3.16,50t	Per Jakobsen, -1947	1986
3.35,46t	Kim Madsen -1958	1995

M40

2.48,13t	Per Christensen -1966	2006
3.05,34t	Per Jacobsen -1947	1988
3.06,66t	Ove Rasmussen, -1948	1988
3.13,24t	Claus H Lundstrøm, -1960	2000
3.18,16t	Lars Sonqvist, -1952	1995
3.23,21t	Jørgen Matz, -1967	2010
3.29,37t	Niels Sonqvist, -1952	1996
3.49,52t	Kim Madsen -1958	1998

M45

Veteraner mænd 2024

opdateret d. 19.4.2025

2.59,20t	Knud R Andersen -1942	1989
3.14,49t	Per Jacobsen -1947	1994

M50

4.21,11t	Erik G Sørensen, -1942	1995
4.30,50t	Arne Poulsen, -1955	2006

M65

5.22,20t	Povl Lauridsen, -1929	1995
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110m hæk

M30

19,75s	Thomas Snorreson, -1973	2004
20,3s	Michael Friborg, -1966	1996
24,23s	Per H Christensen, -1966	1999
25,6s	Torben Pedersen, -1960	1990

M40

20,0s -2,7	Ole Rubach -1952	1996
25,28m 0	Per H Christensen, -1966	2008

M60 100m hæk

22,4s	Povl Lauridsen, -1929	1989
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M65 100m hæk

29,5s -2,4	Povl Lauridsen, -1929	1996
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400m hæk

M30

61,45s	Thomas Snorreson, -1973	2004
65,6s	Jacob Herløv, -1967	1997
66,86s	Michael Pedersen -1973	2007
68,2s	Michael Friborg, -1966	1996

M35

77,81s	Erik G Olsen -1970	2006
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M40

65,5s	Ole Rubach -1952	1994
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M45

72,47s	Per H Christensen, -1966	2011
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M65 300m hæk

Veteraner mænd 2024

opdateret d. 19.4.2025

81,36s	Povl Lauridsen, -1929	1996
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3000m forhindring

M35

10.49,08m	Erik G. Olsen, -1970	2005
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M45

11.00,67m	Per H Christensen, -1966	2015
11.56,36m	Torben Riis, -1969	2015

M50

11.30,21m	Per H Christensen, -1966	2017
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Stang

M30

3,72m	Michel Lübberts, -1967	1999
3,30m	Thomas Gotsch, -1977	2007
3,30m	Finn Grønning, -1948	1979
2,40m	Ulrich Engmark -1953	1983
1,60m	Erik Olsen, -1970	2004

M35

3,50m	Martin Iversen, -1956	1994
3,32m	Michel Lübberts, -1967	2002
2,90m	Finn Grønning, -1948	1983
2,90m	Bjarne Andersen -1955	1993
2,60m	Ulrich Engmark -1953	1991
2,50m	Lennart Rasmussen, 67	2003
1,90m	Erik G. Olsen, -1973	2005
1,60m	Kim Madsen -1958	1993

M40

3,25m	Martin Iversen, -1956	1996
2,90m	Ole Rubach, -1952	1995
2,75m	Bjarne Andersen -1955	1997
2,60m	Rene Ipsen -1964	2008
2,20m	Poul Vedel, -1938	1978
2,20m	Hans Helmig -1935	1978
1,60m	Per Jacobsen -1947	1989
1,60m	Lars Sonqvist, 52	1994

M45

Veteraner mænd 2024

opdateret d. 19.4.2025

3,10m	Rene Ipsen -1964	2010
2,90m	Bjarne Andersen -1955	2000
2,80m	Ole Rubach -1952	1997
2,20m	Per H Christensen, 66	2011
1,70m	Kjeld Holm, -1946	1993
1,60m	Per Jacobsen -1947	1994
1,40m	Erik G Sørensen, -1942	1989

M50

2,80m	Martin Iversen, -1956	2008
2,50m	René Ipsen, -1965	2014
1,70m	Povl Vedel, -1938	1989
1,50m	Erik G Sørensen, -1942	1993
1,30m	Povl Erik Hansen, -1936	1989
1,10m	Arne Hansen, -1935	1989

M55

3,40m	Wojcieck Bociarsky, -1950	2007
2,30m	Kim Green -1965	2024
2,20m	Kjeld Holm, -1946	2002

M60

2,20m	Ole Rubach -1952	2015
1,80m	Povl Lauridsen, -1929	1989

M65

2,00m	Povl Lauridsen, -1929	1994
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M70

2,00m	Sven-Erik Dresig -1951	2024
1,90m	Mogens Caspersen, -1946	2016

Længdespring

M30

4,89m	Frank Engmark -1957	1987
4,78m 0,4	Søren Jacobsen, -1970	2003
4,68m	Ole B Jensen, -1955	1987
4,62m 0,6	Michael Pedersen -1973	2007
4,06m 0,4	Mike Aagaard Hansen -1989	2024
3,60m	Claus Berentsen -1957	1991
3,09m	Carsten Theilgaard -1958	1989

M35

5,27m -0,1	Søren Jacobsen, -1970	2009
5,02m	Kim Madsen -1958	1993

Veteraner mænd 2024

opdateret d. 19.4.2025

4,77m		Bjarne Andersen -1955	1994
4,75m		Kurt Brandt -1946	1983
4,49m		Ulrich Engmark -1953	1992
4,25m	1	Jan A Olsen, -1971	2009
4,19m	0,4	Rene Ipsen -1964	2003
4,18m		Ole Svendsen -1941	1979

M40

5,86m	2	Jesper Riege, -1967	2007
4,60m	0,8	Henning Thomsen, -1966	2010
4,49m	-0,4	Jørgen Matz, -1967	2007
4,44m	-1,9	Stig Falkenblad, -1972	2016
4,41m	1,3	Jens Kusk, -1964	2007
4,40m	-1	Tommy Rønning, -1965	2007
4,29m		Ulrich Engmark -1953	1993
4,06m		Lars Sonqvist, -1952	1994
4,02m		Lars Budek, -1969	2009
4,02m		Hans Helmig -1935	1978
3,98m		Per Jacobsen -1947	1989
3,94m		Torben Steensgard, -1948	1992
3,23m	1,3	Henrik Back, -1964	2008

M45

5,36m		Christian Andersen, -1969	2016
5,16m		Wagner Sørensen -1935	1983
5,10m	0,6	Stig Falkenblad, -1972	2017
4,95m		Kjeld Holm, -1946	1993
4,46m		Per H Christensen, -1966	2011
4,30m		Henneing Thomsen, -1966	2011
4,04m	-0,7	Ralph Rezende, -1961	2010
3,95m	-0,8	Bo Færge -1971	2019
3,94m		Rasmus Borch -1978	2024
3,85m		Per Jacobsen -1947	1994
3,75m		Erik G Sørensen, -1942	1990

M50

5,03m		Kjeld Holm, -1946	1995
4,53m		Erling Klysner, -1955	2006
4,48m		Martin Iversen, -1954	2009
4,35m		Poul Thomsen, -1959	2011
3,73m		Erik G Sørensen, -1942	1992
3,45m		Povl Erik Hansen, -1936	1989
3,43m		Kaj L Nielsen, -1942	1989
3,16m		Arne Hansen, -1935	1989
3,03m		Povl Vedel, -1938	1989

Veteraner mænd 2024

opdateret d. 19.4.2025

M55			
4,63m	-2,2	Kjeld Holm, -1946	2002
4,33m	-1,2	Wojcieck Bociarsky -1950	2007
3,25m		Kim Green -1965	2024
3,10m		Arne Hansen, -1935	1993
2,94m		Kaj Nielsen, -1930	1989
2,92m		Povl Erik Hansen, -1936	1992

M60			
4,41m		Kjeld Holm, -1946	2008
4,00m		Povl Lauridsen, -1929	1990
2,65m		Jesper Lüyzen -1957	2018

M65			
3,80m		Povl Lauridsen, -1929	1994
3,48m	-1,5	Mogens Caspersen, -1946	2015

M70			
3,73m		Sven-Erik Dresig -1951	2024

Længdespring +w

M35			
4,27m	2,1	Rene Ipsen -1964	2003

M50			
4,44m	0,0	Poul K Thomsen, -1959	2012

M55			
4,45m	2,1	Kjeld Holm, 46	2003

Trespring

M30			
11,01m		Thomas Snorreson, -1973	2005
10,35m		Ulrich Engmark -1953	1983
9,62m		Søren Hanghøj, -1963	1994

M40			
9,17m		Frode Sielemann, -1941	1983

M45			
9,31m		Per H Christensen, -1966	2011

M70			
6,90m		Sven-Erik Dresig -1951	2024

Høidespring

M30

1,67m	Søren Jacobsen, -1970	2004
1,55m	Ulrich Engmark -1953	1983
1,30m	Jens Holm -1951	1983
1,10m	Claus Berentsen -1957	1991
1,00m	Carsten Theilgaard -1958	1989

M35

1,65m	Bjarne Andersen -1955	1994
1,60m	Søren Jacobsen, -1970	2005
1,60m	Martin Iversen, -1956	1994
1,50m	Ulrich Engmark -1953	1991
1,40m	Kim Madsen -1958	1993
1,35m	Ole Svendsen -1941	1979
1,25m	Michael Pedersen -1973	2010

M40

1,80m	Jesper Riege, -1967	2007
1,75m	Ole Rubach, -1956	1994
1,70m	Martin Iversen, -1956	1997
1,55m	Hans Helmig -1935	1978
1,55m	Ulrich Engmark -1953	1989
1,50m	Bjarne Andersen -1955	2000
1,45m	Rene Ipsen -1964	2007
1,45m	Per H Christensen, -1966	2010
1,25m	Per Jacobsen -1947	1989
1,15m	Torben Steensgard, -1948	1992
1,10m	Lars Sonqvist, -1952	1994

M45

1,65m	Ole Rucbach, -1952	1997
1,55m	Povl Thomsen, -1959	2008
1,50m	Renè Ipsen, -1964	2010
1,40m	Ulrich Engmark -1953	2002
1,25m	Kjeld Holm, -1946	1993
1,25m	Per Jacobsen -1947	1994
1,20m	Erik G Sørensen, -1942	1989
1,20m	Carsten Zornig, -1971	2015
1,05m	Kaj L Nielsen, -1942	1989

M50

1,61m	Povl Thomsen, -1959	2009
1,58m	Martin Iversen, -1956	2009

Veteraner mænd 2024

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1,41m	René Ipsen, -1965	2014
1,30m	Ulrich Engmark -1953	2003
1,20m	Povl Erik Hansen, -1936	1989
1,20m	Arne Hansen, -1935	1989
1,25m	Povl Vedel, -1938	1990
1,15m	Erik G Sørensen, -1942	1993
1,10m	Kaj L Nielsen, -1942	1994

M55

1,40m	Henrik K Jørgensen, -1961	2016
1,35m	Kim Green -1965	2024
1,25m	Arne Hansen, -1935	1993
1,15m	Povl Erik Hansen, -1936	1992
1,05m	Kaj Nielsen, -1930	1989

M60

1,45m	Per Hansen, -1955	2016
1,21m	Povl Lauridsen, -1929	1989
1,20m	Jesper Lützen -1957	2017
1,20m	Kjeld Holm, -1946	2007
1,05m	Kaj Nielsen, -1930	1991

M65

125m	Per Hansen 1955	2024
1,24m	Povl Lauridsen, 29	1996

Kuglestød

M30 7,25 kg

12,70m	Jørgen Gotsch -1946	1977
11,70m	Carsten Berg, -1958	1989
11,02m	Mikael Bang, -1961	1993
10,31m	Ulrich Engmark -1953	1983
10,17m	Uffe Jensen -1966	1997
10,08m	Michel Lübberts, -1967	1999
6,71m	Michael Pedersen -1973	2007
5,96m	Søren Hanghøj, -1963	1994
5,05m	Carsten Theilgaard -1958	1989

M35 7,25 kg

14,34m	Dariusz Slowak, -1977	2010
12,69m	Jørgen Gotsch -1946	1981
11,53m	Mikael Bang, -1961	1999
9,89m	Michel Lübberts, -1967	2000
9,80m	Ulrich Engmark -1953	1989
9,23m	Bjarne Andersen -1955	1994

Veteraner mænd 2024

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9,52m	Uffe Jensen -1966	2002
6,72m	Ole Svendsen -1941	1979
6,31m	Kim Madsen -1958	1993

M40 7,25 kg

12,10m	Jørgen Gotsch -1946	1986
11,06m	Mikael Bang, -1961	2003
10,18m	Jens Bendson, -1962	2003
10,18m	Ove Duvander, -1956	2002
10,14m	Hans Helmig -1935	1978
9,88m	Bjarne Andersen -1955	1995
9,54m	Ulrich Engmark -1953	1993
9,36m	Ole Rubach, -1956	1996
9,35m	Frode Sielemann, -1941	1983
9,20m	Uffe Jensen -1966	2006
7,86m	Torben Steensgard, -1948	1992
7,15m	Jørgen Matz, -1967	2007
7,10m	Henning Thomsen, -1966	2007
7,10m	Kaj L. Nielsen -1942	1984
7,09m	Tommy Rønning, -1965	2007
5,68m	Lars Sonqvist, -1952	1994

M45 7,25 kg

15,05m	Claus Frimand, -1963	2008
12,11m	Jørgen Gotsch -1946	1991
11,19m	Morten Helmig, -1963	2009
10,89m	Michael Bang, 1960	2006
9,11m	Christian Andersen, -1971	2014
9,07m	Bo Færge -1971	2019
8,62m	Uffe Jensen -1966	2011
8,27m	Torben Steensgard, -1948	1993
8,04m	Finn Ullmann, -1961	2010
7,91m	Rene Ipsen -1964	2011
7,64m	Kaj L. Nielsen, -1942	1991
7,45m	Lars Budek, -1969	2010
7,08m	Jørgen Matz, -1967	2008
6,87m	Erik G Sørensen, -1942	1989
6,73m	Kjeld Holm, -1946	1993
5,09m	Per Jacobsen -1947	1994

M50 6 kg

12,21m	Jørgen Gotsch -1946	1996
11,19m	Michael Bang, -1962	2012
9,36m	Ulrich Engmark -1953	2004
9,11m	Uffe Jensen -1966	2017
8,82m	René Ipsen, -1964	2016

Veteraner mænd 2024

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8,25m	Kaj L Nielsen, -1942	1994
6,99m	Erik G Sørensen, -1942	1993

M50 7,25 kg		
12,21m	Jørgen Gotsch -1946	2008
9,79m	Ulrich Engmark -1953	2004
9,67m	Michael Bang, -1960	2011
9,27m	Benny Risnæs, -1949	2002
6,95m	Kjeld Holm, -1946	1997
6,73m	Povl Vedel, -1938	1989
6,06m	Povl Erik Hansen, -1936	1989
5,90m	Arne Hansen, -1935	1989

M55 6 kg		
11,66m	Jørgen Gotsch -1946	2002
9,78m	Erik Berg -1966	2023
8,59m	Michael Friborg -1966	2024
8,43m	Henrik Hedelund Nielsen -1972	2024
5,83m	Arne Hansen, -1935	1989

M55 7,25 kg		
11,29m	Jørgen Gotsch -1946	2005
9,53m	Kim Green -1965	2024
9,39m	Michael Bang, -1960	2016
7,64m	Povl Vedel, -1938	1984
5,29m	Kaj Nielsen, -1930	1989

M60 7,25 kg		
7,21m	Dennis Sørensen -1963	2024
7,05m	Povl Lauridsen, -1929	1989
5,99m	Søren Jensen -1963	2024

M60 5 kg		
11,72m	Jørgen Gotsch -1946	2008
9,60m	Povl Lauridsen, 29	1993
8,91m	Ole Rubach -1952	2015
8,46m	Ulrich Engmark -1953	2013

M65 5 kg		
11,24m	Jørgen Gotsch -1946	2011
9,85m	Povl Lauridsen, 1929	1994
9,11m	Carsten Berg -1958	2023
7,35m	Hans Helmig -1935	2004

M70 4kg		
7,78m	Sven-Erik Dreisig -1951	2024

Diskos

M30 2 kg

50,67m	Dariusz Slowak, 77	2010
39,65m	Jørgen Gotsch -1946	1977
38,94m	Michael Bang, 61	1994
35,42m	Ulrich Engmark -1953	1983
31,53m	Michel Lübberts, 67	1999
26,82m	Uffe Jensen -1966	1996
21,86m	Michael Friborg, 66	1997
11,48m	Carsten Theilgaard -1958	1989

M35 2 kg

40,14m	Mikael Bang, 1961	1997
39,07m	Jørgen Gotsch -1946	1981
36,73m	Michel Lübbers, 1967	2002
34,12m	Martin Iversen, 1956	1994
30,76m	Ulrich Engmark -1953	1989
28,53m	Bjarne Andersen -1955	1992
25,18m	Uffe Jensen -1966	2003
20,46m	Ole Svendsen -1941	1979
16,56m	Kim Madsen -1958	1993

M40 2 kg

40,10m	Jens Bengson, 62	2004
37,75m	Jørgen Gotsch -1946	1986
36,91m	Mikael Bang, 61	2004
33,18m	Martin Iversen, 56	1997
31,71m	Hans Helmig -1935	1979
28,06m	Ole Rubach, 56	1996
24,99m	Uffe Jensen -1966	2008
20,96m	Frode Silemann, 41	1983
19,64m	Torben Steensgaard, 48	1992
19,26m	Rene Ipsen, 65	2008
15,42m	Per Jacobsen -1947	1989
13,16m	Lars Sonqvist, 52	1994

M45 2 kg

44,27m	Claus Frimand, 63	2009
37,92m	Jørgen Gotsch -1946	1992
36,15m	Morten Helmig, 63	2008
35,68m	Michael Bang, 60	2006
30,91m	Ove Duvander, 56	2003

Veteraner mænd 2024

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27,90m	Michael Nielsen, 66	2015
27,46m	Ulrich Engmark -1953	2002
27,31m	Christian Andersen, 69	2014
24,98m	Uffe Jensen -1966	2012
22,22m	René Ipsen, 64	2011
18,02m	Erik G Sørensen, 42	1989
17,52m	Kaj L. Nielsen, 42	1989
17,24m	Kjeld Holm, 46	1993
15,00m	Per Jacobsen -1947	1994

M50 1,5 kg

39,85m	Michael Bang, 60	2011
39,34m	Jørgen Gotsch -1946	2000
37,18m	Martin Iversen, 55	2007
33,73m	Martin Iversen, 55	2008
32,83m	Ulrich Engmark -1953	2005
25,58m	Henrik Hedelund Nielsen -1972	2024
24,91m	Uffe Jensen -1966	2017
22,68m	Erik G Sørensen, 42	1992
22,58m	Povl Vedel, 38	1992
22,18m	Kaj L Nielsen, 42	1992

M50 2 kg

39,48m	Jørgen Gotsch -1946	1996
39,46m	Martin Iversen, 55	2008
34,12m	Michael Bang, 60	2011
24,68m	Benny Risnæs, 49	2003
21,40m	Povl Vedel, 38	1989
15,35m	Povl Erik Hansen, 36	1989
12,74m	Arne Hansen, 35	1989

M55 1,5 kg

38,04m	Jørgen Gotsch -1946	2004
34,93m	Michael Bang, 1960	2016
32,60m	Ulrich Engmark -1953	2008
31,15m	Kim Green -1965	2024
28,55m	Erik Berg 1966	2024
26,62m	René Ipsen, 1964	2016
22,24m	Povl Vedel, 1938	1993
21,34m	Povl Erik Hansen, 1936	1992
18,52m	Uffe Jensen 1966	2023
14,94m	Arne Hansen, 1935	1994

M55 2 kg

26,47m	Svend Tofting, 1928	1983
24,83m	Povl Vedel, 1938	1984

Veteraner mænd 2024

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13,43m	Kaj Nielsen, 1930	1989
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M60 1 kg

39,48m	Jørgen Gotsch -1946	2006
33,00m	Povl Lauridsen, 29	1989
33,00m	Ulrich Engmark -1953	2014
28,43m	Mogens Caspersen, 46	2007

M60 2 kg

36,89m	Jørgen Gotsch -1946	2009
21,12m	Povl Lauridsen, 29	1989
14,59m	Dennis Sørensen -1963	2024

M65 1 kg

35,20m	Jørgen Gotsch -1946	2012
30,37m	Carsten Berg -1958	2023
29,44m	Povl Lauridsen, 29	1994
22,90m	Hans Helmig -1935	2004

M70 1 kg

30,31m	Jørgen Gotsch -1946	2016
21,22m	Sven-Erik Dreisig -1951	2024

Spydkast

M30

44,83m	Ulrich Engmark -1953	1983
44,72m	Jørgen Gotsch -1946	1977

M30 800 g nyt spyd 88

41,30m	Michael Friborg, 66	1997
40,38m	Bjarne Andersen -1955	1997
38,82m	Michael Bang, 53	1991
21,56m	Michael Pedersen -1973	2007
18,96m	Claus Bertensen, 57	1991
16,29m	Brian Jørgensen, 71	2011

M35 800 g gammelt Spyd

49,70m	Jørgen Gotsch -1946	1981
28,56m	Ole Svendsen -1941	1979

M35 800 g nyt spyd 88

40,22m	Bjarne Andersen -1955	1992
39,28m	Ulrich Engmark -1953	1991
35,68m	Michael Friborg, 66	2001
25,98m	Søren Jacobsen, 70	2008

Veteraner mænd 2024

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25,65m	Uffe Jensen -1966	2002
20,74m	Kim Madsen -1958	1993

M40 800 g gammelt spyd		
45,43m	Jørgen Gotsch -1946	1986
29,45m	Hans Helmig -1935	1979
27,89m	Frode Sielemann, 41	1983

M40 800 g nyt spyd 88		
47,64m	Jens Bengson, 62	2003
37,00m	Martin Iversen, 56	1996
41,18m	Ole Rugbach, 52	1998
39,06m	Bjarne Andersen -1955	1999
28,76m	Jørgen Matz, 67	2008
24,75m	Tommy Rønning, 65	2007
23,74m	Lars Sonqvist, 52	1994
22,44m	Torben Steensgaard, 46	1992
22,68m	Uffe Jensen -1966	2010
17,39m	Kennet Nielsen, 67	2011
14,55m	Per Jacobsen -1947	1989
14,10m	Henrik Back, 64	2008

M45 800 g Nyt spyd 88		
55,76m	Michael Nielsen, 66	2015
49,69m	Claus Frimand, 63	2008
44,34m	Jørgen Gotsch -1946	1992
42,80m	Villy Duvander, 57	2003
41,11m	Ove Duvander, 54	2002
34,29m	Christian Andersen, 69	2014
29,85m	Ulrich Engmark -1953	2002
27,60m	Per H Christensen, 66	2011
27,10m	Erik G Sørensen, 42	1990
26,38m	René Ipsen, 46	2011
23,94m	Kjeld Holm, 46	1993
23,06m	Uffe Jensen -1966	2012
22,07m	Kaj L. Nielsen, 42	1989
16,84m	Per Jacobsen -1947	1994

M50 700 g		
54,14m	Michael Nielsen, 66	2016
38,34m	Jørgen Gotsch -1946	1999
38,19m	Jes Dietrich -1963	2024
30,00m	Ulrich Engmark -1953	2003
20,60m	Uffe Jensen -1966	2016

M50 800 g		
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Veteraner mænd 2024

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52,56m	Michael Nielsen, 66	2016
37,92m	Jørgen Gotsch -1946	2000
27,96m	Benny Risnæs, 49	2003
25,00m	Kaj L Nielsen, 42	1994
26,92m	Erik G Sørensen, 42	1994
21,52m	Povl Erik Hansen, 36	1989
20,80m	Povl Vedel, 38	1992

M55 600 g

30,63m	Erik Berg -1966	2024
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M55 700 g

38,81m	Jørgen Gotsch -1946	2002
31,86m	Kim Green -1965	2024
30,15m	Erik Berg 1966	2024
25,72m	Michael Friborg -1966	2024

M55 800 g spyd gammelt spyd

30,37m	Svend Tofting, 1928	1983
27,99m	Povl Vedel, 1938	1984

M55 800 g

34,89m	Jørgen Gotsch -1946	2002
22,32m	Povl Erik Hansen, 1936	1991
15,44m	Kaj Nielsen, 1930	1989

M60 600 g

43,76m	Mogens Caspersen -1946	2007
38,15m	Jørgen Gotsch -1946	2006
26,26m	Povl Lauridsen, 29	1989

M60 800 g

38,83m	Mogens Caspersen, 1946	2006
24,20m	Povl Lauridsen, 1929	1992

M65 600 g

40,38m	Mogens Caspersen -1946	2011
30,03m	Carsten Berg -1958	2024
20,30m	Povl Lauridsen, 1929	1996

M70 500 g

21,42m	Sven-Erik Dreisig -1951	2024
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M70 600 g

Veteraner mænd 2024

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32,37m	Mogens Caspersen -1946	2016
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M70 700 g

34,50m	Mogens Caspersen -1946	2016
21,97m	Jørgen Gotsch -1946	2017

Hammerkast

M30 7,25 kg

52,66m	Dariusz Slowak, 77	2010
40,80m	Uffe Jensen -1966	1997
39,66m	Jørgen Gotsch -1946	1979
39,95m	Michel Lübberts, 67	1999
38,08m	Ulrich Engmark -1953	1983
37,08m	Mikael Bang, 61	1995

M35 7,25 kg

42,83m	Jørgen Gotsch -1946	1983
38,40m	Uffe Jensen -1966	2004
22,94m	Mikael Bang, 61	1996

M40 7,25 kg

44,46m	Morten Helmig, 63	2008
43,83m	Jørgen Gotsch -1946	1990
38,08m	Jens Bengson, 62	2003
37,77m	Uffe Jensen -1966	2007
33,68m	Hans Helmig -1935	1979
16,16m	Frode Sielemann, 41	1984

M45 7,25 kg

44,22m	Jørgen Gotsch -1946	1991
39,42m	Ove Duvander, 55	2002
36,18m	Uffe Jensen -1966	2012
29,99m	Ulrich Engmark -1953	2002
24,27m	René Ipsen, 64	2011

M50 6 kg

44,19m	Jørgen Gotsch -1946	1999
41,10m	Uffe Jensen -1966	2017
38,15m	Ulrich Engmark -1953	2005
22,84m	Henrik Hedelund Nielsen -1972	2024

M50 7,25 kg

39,52m	Jørgen Gotsch -1946	1999
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Veteraner mænd 2024

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37,21m	Benny Risnæs, 49	2002
17,42m	Povl Vedel, 38	1990

M55 6 kg		
42,00m	Jørgen Gotsch -1946	2003
37,90m	Ulrich Engmark -1953	2008
30,29m	Uffe Jensen 1966	2024
29,19m	Erik Berg -1966	2024
22,45m	Kim Green -1965	2024

M55 7,25 kg		
39,46m	Jørgen Gotsch -1946	2003
22,18m	Povl Vedel, 38	1984

M60 5,0 kg		
42,50m	Jørgen Gotsch -1946	2006
35,56m	Ulrich Engmark -1953	2013

M60 7,25kg		
32,22m	Jørgen Gotsch -1946	2008
19,56m	Dennis Sørensen -1963	2024

M65 5 kg		
37,48m	Jørgen Gotsch -1946	2012
32,11m	Carsten Berg -1958	2024

M70 4 kg		
35,96m	Jørgen Gotsch -1946	2016
20,17m	Sven-Erik Dreisig -1951	2024

Vægtkast

M35 15,88 kg		
11,14m	Uffe Jensen -1966	2005

M40 15,88kg		
11,37m	Uffe Jensen -1966	2007

M45 15,88kg		
13,32m	Morten Helmig, 63	2009
10,73m	Uffe Jensen -1966	2014
7,41m	René Ipsen, 64	2011

M50 11,34 kg		
13,67m	Ulrich Engmark -1953	2003
13,13m	Uffe Jensen -1966	2016

Veteraner mænd 2024

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9,19m	Henrik Hedelund Nielsen -1972	2024
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M55 11,34 kg		
14,69m	Jørgen Gotsch, 46	2004
11,19m	Erik Berg -1966	2024
10,46m	Uffe Jensen -1966	2024
9,37m	Kim Green -1965	2024

M55 15,88 kg		
11,17m	Jørgen Gotsch, 46	2004
10,41m	Uffe Jensen 1966	2023

M60 9,08 kg		
15,17m	Jørgen Gotsch, 46	2006
12,13m	Ulrich Engmark -1953	2014
8,37m	Dennis Sørensen -1963	2024

M65 9,08 kg		
11,37m	Carsten Berg -1958	2024
10,84m	Jørgen Gotsch, 46	2014

M70 7,26 kg		
9,45m	Sven-Erik Dreisig -1951	2024

Kaste 5-kamp

M30 (senior tabel) (hammer(7,2)-kugle(7,2)-diskos(2)- spyd(800)-vægt(15,00))		
3065p	Jørgen Gotsch, 46 39,99-12,36-37,57-12,19-44,24	1979
M35 (senior tabel)		
3128p	Jørgen Gotsch, 46	1981
2049p	Uffe Jensen -1966 35,43-9,29-23,80-25,11-11,21	2002

M40 (senior tabel)		
3104p	Jørgen Gotsch, 46 43,34-11,62-35,78-13,37-43,02	1990

M45 (veteran tabel)		
4010p	Jørgen Gotsch, 46 41,86-11,92-36,64-12,94-44,34	1992
2396p	Ulrich Erngmark, 53	2002

Veteraner mænd 2024

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2315p	29,99-8,48-27,46-29,85-9,80 Uffe Jensen -1966 34,10-8,44-23,22-22,16-10,22	2014
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M50 (veteran tabel)

(hammer(6)-kugle(6)-diskos(1,5)-spyd(700)-vægt(11,345))

3668p	Jørgen Gotsch, 46 44,19-11,92-38,41-14,76-38,34	1999
2554p	Ulrich Engmark -1953 33,91-9,43-24,60-26,50-13,27	2004
2283p	Uffe Jensen -1966 35,81-8,44-23,69-13,13-20,60	2016

M55 (veteran tabel)

3994p	Jørgen Gotsch, 46 42,33-11,66-36,73-14,38-38,81	2002
2207p	Erik Berg 1966 25,02-9,78-26,47-10,61-20,07	2023
1203p	Uffe Jensen 1966 27,74-0-18,52-10,32-0	2023

M60 (veteran tabel)

4046p	Jørgen Gotsch, 46 42,57-11,74-39,48-37,60-15,17	2006
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M65 (veteran tabel)

25,96p	Carsten Berg -1958 29,88-9,11-30,37-10,62-25,56	2023
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10- kamp

M40

5323p	Ole Rubach -1952 11,7-4,92-9,36-1,60-57,2 20,0-28,06-2,70-40,74-5,29,3	1996
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M55

2843p	Kim Green -1965 16,52-3,25-8,42-1,35-84,52 0-30,05-2,21-24,00-0	2024
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M65

3825p	Poul Lauridsen, 29 16,3-3,69-9,29-1,24-54,1 29,5-23,24-1,80-20,30-8,23,2	1996
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