

# Årets bedste udendørs resultater 2017/25

drenge/mænd

Opdateret 1.02 2026

## 40m

|       |     |                         |     |       |          |
|-------|-----|-------------------------|-----|-------|----------|
| 8.14s | 1,0 | Folke Rode Olsen 2017   | D09 | 25.06 | Ballerup |
| 9.07s | 1,2 | Filippos Papanikas 2019 | D07 | 15.09 | Ballerup |
| 9.30s | 1,2 | Jason Subacchi 2019     | D07 | 15.09 | Ballerup |
| 9.51s | 1,2 | Victor Martini 2019     | D07 | 15.09 | Ballerup |

## 60m

|        |     |                                 |     |       |          |
|--------|-----|---------------------------------|-----|-------|----------|
| 7.59s  |     | Mathias Bruun Berthelsen - 2009 | D16 | 03.10 | Tårnby   |
| 10.12s |     | Balder Liam Lisbygd - 2015      | D11 | 03.05 | Tårnby   |
| 10.28s | 1,0 | Marcus Møller 2014              | D11 | 25.06 | Ballerup |
| 10.58s |     | Gurucharan Manikandan - 2015    | D11 | 03.05 | Tårnby   |
| 11.59s | 0,9 | Bjarne Frommann - 2015          | D11 | 15.09 | Ballerup |
| 11,81s |     | Mokshith Manikandan - 2017      | D9  | 03.05 | Tårnby   |

## 80m

|        |     |                             |     |       |          |
|--------|-----|-----------------------------|-----|-------|----------|
| 11.37s |     | Victor Peter Nielsen - 2012 | D13 | 26.09 | Greve    |
| 11.38s |     | Tobias Borch - 2012         | D13 | 03.05 | Tårnby   |
| 13.03s | 1,0 | Amir Mezerdzhi - 2012       | D13 | 15.09 | Ballerup |
| 13.82s | 1,0 | Tarjei Frommann - 2013      | D13 | 15.09 | Ballerup |
| 14.27s | 1,0 | Rasmus Bojesen - 2012       | D13 | 15.09 | Ballerup |
| 14.96s |     | Daniil Peklin - 2013        | D12 | 24.05 | Herlev   |

## 100m

|        |      |                                 |     |       |          |
|--------|------|---------------------------------|-----|-------|----------|
| 11.66s | 1,4  | Mathias Bruun Berthelsen - 2009 | D16 | 14.06 | Hvidovre |
| 12.51s | 0,3  | Alexander Dietrich 2015         | D10 | 03.10 | Tårnby   |
| 12.95s |      | Michael Finch Pedersen - 1973   | M50 | 10.08 | Fr.berg  |
| 14.30s |      | Elian Jessen 1970               | M55 | 14.09 | Ballerup |
| 14.48s | 1,0  | Jonas Bothmann - 2011           | D14 | 25.06 | Ballerup |
| 17.12s | -1,8 | Bjarne Andersen 1955            | M70 | 31.08 | Greve    |
| 19.40s | 1,4  | Daniil Peklin - 2013            | D12 | 25.06 | Ballerup |

## 100m +w eller ingen målt / manuel tid

|        |     |                                 |     |       |          |
|--------|-----|---------------------------------|-----|-------|----------|
| 11.63s | 3,0 | Mathias Bruun Berthelsen - 2009 | D16 | 14.06 | Hvidovre |
| 13.57s | 3,7 | Rasmus Borch 1978               | M45 | 11.06 | Greve    |
| 13.90s | 2,1 | Elian Jessen 1970               | M55 | 06.05 | Ballerup |
| 14.45s | 2,1 | Jonas Bothmann - 2011           | D14 | 21.06 | Greve    |

## 200m

|        |  |                               |     |       |          |
|--------|--|-------------------------------|-----|-------|----------|
| 27.03s |  | Michael Finch Pedersen - 1973 | M50 | 13.09 | Ballerup |
| 28.91s |  | Victor Peter Nielsen - 2012   | D13 | 26.09 | Greve    |
| 29.75s |  | Jonas Bothmann - 2011         | D14 | 26.09 | Greve    |

## 200m +w eller ingen målt / manuel tid

|        |     |                               |     |       |       |
|--------|-----|-------------------------------|-----|-------|-------|
| 27,92s | 2,9 | Michael Finch Pedersen - 1973 | M50 | 11.06 | Greve |
| 31.81s | 2,9 | Anders Dinesen 1975           | M50 | 11.06 | Greve |

## 400m

|        |  |                             |        |       |          |
|--------|--|-----------------------------|--------|-------|----------|
| 59.60s |  | Michael Finch Pedersen 1973 | M50    | 31.08 | Greve    |
| 62.84s |  | David Romney Lauridsen 2001 | Senior | 15.09 | Ballerup |
| 73.71s |  | Jonas Bothmann - 2011       | D14    | 15.09 | Ballerup |
| 87.85s |  | Balder Liam Lisbygd - 2015  | D11    | 25.06 | Ballerup |
| 89.96s |  | Daniel Urbschat 2016        | D09    | 15.09 | Ballerup |
| 90.26s |  | Balder Liam Lisbygd - 2015  | D11    | 15.09 | Ballerup |

|        |  |                       |     |       |          |
|--------|--|-----------------------|-----|-------|----------|
| 94.03s |  | Frej Grønfeldt 2016   | D11 | 25.06 | Ballerup |
| 94.28s |  | Felix Kristensen 2014 | D11 | 15.09 | Ballerup |
| 98.20s |  | Thor Grønfeldt 2016   | D11 | 25.06 | Ballerup |

### 800m

|         |     |                             |        |       |          |
|---------|-----|-----------------------------|--------|-------|----------|
| 2:36.01 | min | Rasmus Skovmand Filrup 1996 | Senior | 25.06 | Ballerup |
| 2:48.30 | min | Erik G. Olsen 1970          | M55    | 11.06 | Greve    |

### 1500m

|         |     |                    |     |       |       |
|---------|-----|--------------------|-----|-------|-------|
| 5:41.43 | min | Erik G. Olsen 1970 | M55 | 31.08 | Greve |
|---------|-----|--------------------|-----|-------|-------|

### 5000m

|          |     |                             |        |       |          |
|----------|-----|-----------------------------|--------|-------|----------|
| 18:35.25 | min | David Romney - 2001         | Senior | 23.08 | Hvidovre |
| 19:17.70 | min | Per Hjorth Christensen 1966 | M55    | 31.08 | Greve    |
| 19:56.65 | min | Arne Hagsted 1975           | M50    | 06.05 | Ballerup |

### 10 km landevej

|         |     |                             |     |       |          |
|---------|-----|-----------------------------|-----|-------|----------|
| 40:14.0 | min | Jan Grønlund Rasmussen 1969 | M55 | 09.06 | R.R. Kbh |
|---------|-----|-----------------------------|-----|-------|----------|

### Marathon

|         |     |                             |     |       |         |
|---------|-----|-----------------------------|-----|-------|---------|
| 3:13.18 | min | Per Hjorth Christensen 1966 | M55 | 23.02 | Sevilla |
|---------|-----|-----------------------------|-----|-------|---------|

### 60m hæk - 68.6 cm, 11.75 / 7.65 / 10.00

|        |     |                            |     |       |        |
|--------|-----|----------------------------|-----|-------|--------|
| 14.09s | 1,6 | Balder Liam Lisbygd - 2015 | D11 | 03.05 | Tårnby |
|--------|-----|----------------------------|-----|-------|--------|

### 1000m stafet

|         |     |                        |     |       |          |
|---------|-----|------------------------|-----|-------|----------|
| 2:41.31 | min | Elían Jessen           | Mxx | 06.05 | Ballerup |
|         |     | Rasmus Borch           |     |       | 1978     |
|         |     | Michael Finch Pedersen |     |       | 1973     |
|         |     | Anders Sættrup Dinesen |     |       |          |
| 2:40.40 | min | ?                      |     | 11.06 | Greve    |

### Længdespring zone

|       |      |                               |     |       |          |
|-------|------|-------------------------------|-----|-------|----------|
| 4,34m | -1,0 | Victor Peter Nielsen 2012     | D13 | 26.04 | Ballerup |
| 3,12m | 2,0  | Daniel Urbschat - 2013        | D10 | 15.09 | Ballerup |
| 3,11m |      | Balder Liam Lisbygd - 2015    | D11 | 03.05 | Tårnby   |
| 2,85m | 1,0  | Frej Grønfeldt 2916           | D10 | 25.06 | Ballerup |
| 2,79m | 2,0  | Filippos Papanikas 2012       | D07 | 15.09 | Ballerup |
| 2,78m | 2,0  | Noel Hounou - 2012            | D07 | 15.09 | Ballerup |
| 2,78m | 2,0  | Bjarne Frommann - 2012        | D09 | 15.09 | Ballerup |
| 2,73m | 2,0  | Victor Martini - 2012         | D07 | 15.09 | Ballerup |
| 2,67m | 2,0  | Folke Rode Olsen -2012        | D08 | 15.09 | Ballerup |
| 2,34m | 2,0  | Jason Subacchi - 2012         | D07 | 15.09 | Ballerup |
| 2,26m | 2,0  | Peter Thorlund - 2012         | D08 | 15.09 | Ballerup |
| 2,05m | 1,0  | Thor Grønfeldt 2016           | D10 | 25.06 | Ballerup |
| 1,76m |      | Alfred Folkmann Garnak - 2017 | D9  | 04.05 | Tårnby   |

### Længdespring

|       |      |                           |     |       |          |
|-------|------|---------------------------|-----|-------|----------|
| 4,63m | -1,0 | Victor Peter Nielsen 2012 | D13 | 15.09 | Ballerup |
| 4,54m |      | Elían Jessen 1970         | M55 | 31.08 | Greve    |
| 3,93m | -1,0 | Tobias Borch - 2012       | D13 | 15.09 | Ballerup |
| 3,60m | -1,0 | Amir Mezerdzhi 2012       | D13 | 15.09 | Ballerup |
| 3,27m | 0,0  | Tarjei Frommann -2012     | D13 | 15.09 | Ballerup |
| 2,81m | 0,0  | Daniil Peklin 2012        | D13 | 15.09 | Ballerup |
| 2,68m | 0,0  | Felix Kristensen -2012    | D13 | 15.09 | Ballerup |

### Længdespring + w eller ikke målt

|       |     |                               |     |       |               |
|-------|-----|-------------------------------|-----|-------|---------------|
| 4,45m | 3,2 | Michael Finch Pedersen - 1973 | M55 | 10.08 | Fr.berg       |
| 4,38m | 3,2 | Elían Jessen 1970             | M55 |       |               |
| 4,03m | 3,0 | Rasmus Borch 1978             | M50 | 11.06 | Greve         |
| 3,65m | 3,1 | Marcus Møller 2014            | D11 | 25.06 | Ballerup Zone |

**Højdespring**

|       |                       |     |       |          |
|-------|-----------------------|-----|-------|----------|
| 1,42m | Elian Jessen 1970     | M55 | 06.05 | Ballerup |
| 1,31m | Kim Green 1965        | M60 | 11.06 | Greve    |
| 1,27m | Per Hansen 1955       | M70 | 06.05 | Ballerup |
| 1,25m | Jonas Bothmann - 2011 | D14 | 21.06 | Greve    |
| 1,05m | Rasmus Bojesen - 2012 | D13 | 15.09 | Ballerup |

**Stangspring**

|       |                        |     |       |          |
|-------|------------------------|-----|-------|----------|
| 2,10m | Sven-Erik Dreisig 1951 | M70 | 01.05 | Glostrup |
| 2,10m | Kim Green 1965         | M60 | 13.09 | Ballerup |

**Kuglestød****2,0 kg**

|       |                            |     |       |          |
|-------|----------------------------|-----|-------|----------|
| 5,65m | Balder Liam Lisbygd - 2015 | D11 | 03.05 | Tårnby   |
| 4,75m | Thor Grønfeldt 2016        | D10 | 25.06 | Ballerup |
| 3,90m | Frej Grønfeldt 2916        | D10 | 25.06 | Ballerup |

**4 kg**

|       |                       |     |       |          |
|-------|-----------------------|-----|-------|----------|
| 9,75m | Bjarne Andersen -1955 | M70 | 01.03 | Ballerup |
|-------|-----------------------|-----|-------|----------|

**5 kg**

|       |                      |     |       |          |
|-------|----------------------|-----|-------|----------|
| 9,37m | Kim Green - 1965     | M60 | 01.05 | Glostrup |
| 7,32m | Dennis Sørensen 1963 | M60 | 14.09 | Ballerup |

**6 kg**

|       |                               |     |       |          |
|-------|-------------------------------|-----|-------|----------|
| 9,41m | Henrik Hedelund Nielsen -1972 | M50 | 30.05 | Ballerup |
| 9,39m | Erik Berg 1966                | M55 | 06.05 | Ballerup |
| 9,10m | Mikkel Vesterdal Poulsen 1974 | M50 | 11.06 | Greve    |

**7,24 kg**

|         |                    |        |       |          |
|---------|--------------------|--------|-------|----------|
| 14,11 m | Rasmus Jensen 1999 | Senior | 12.06 | Ballerup |
| 9,66m   | Elian Jessen 1970  | M55    | 24.04 | Ballerup |

**Diskoskast 750g****1 kg**

|        |                          |     |       |          |
|--------|--------------------------|-----|-------|----------|
| 37,76m | Kim Green 1965           | M60 | 21.08 | Glostrup |
| 30,03m | Frank Jørgensen - 19xx   | M65 | 14.09 | Ballerup |
| 28,41m | Bjarne Andersen -1955    | M70 |       | Ballerup |
| 20,59m | Dennis Sørensen - 1963   | M60 | 14.09 | Ballerup |
| 15,76m | Sven-Erik Dreisig - 1951 | M70 | 26.06 | Glostrup |

**1,5 kg**

|        |                               |     |       |          |
|--------|-------------------------------|-----|-------|----------|
| 29,52m | Mikkel Vesterdal Poulsen 1974 | M50 | 13.05 | Ballerup |
| 26,74m | Henrik Hedelund Nielsen -1972 | M50 | 11.06 | Greve    |
| 25,27m | Leif Lauridsen 1967           | M55 | 06.05 | Ballerup |
| 24,40m | Henrik Hedelund Nielsen -1972 | M50 | 06.05 | Ballerup |

**2 kg**

|        |                      |        |       |          |
|--------|----------------------|--------|-------|----------|
| 38,50m | Rasmus Jensen - 1999 | Senior | 13.05 | Ballerup |
|--------|----------------------|--------|-------|----------|

**Spydkast 400 gram**

|        |                           |     |       |          |
|--------|---------------------------|-----|-------|----------|
| 21,79m | Tobias Borch - 2012       | D13 | 15.09 | Ballerup |
| 21,06m | Victor Peter Nielsen 2012 | D13 | 15.09 | Ballerup |
| 14,56m | Rasmus Bojesen 2012       | D13 | 15.09 | Ballerup |
| 9,67m  | Amir Mezerdzhi 2012       | D13 | 15.09 | Ballerup |
| 8,67m  | Daniil Peklin 2012        | D13 | 15.09 | Ballerup |

**500g**

|        |                        |     |       |          |
|--------|------------------------|-----|-------|----------|
| 30,12m | Bjarne Andersen 1955   | M70 | 06.05 | Ballerup |
| 15,37m | Sven-Erik Dreisig 1951 | M70 | 18.09 | Glostrup |

**600g**

|        |                |     |       |          |
|--------|----------------|-----|-------|----------|
| 24,88m | Kim Green 1965 | M60 | 03.06 | Glostrup |
|--------|----------------|-----|-------|----------|

**700g**

|        |                |     |       |       |
|--------|----------------|-----|-------|-------|
| 28,68m | Erik Berg 1966 | M55 | 31.08 | Greve |
|--------|----------------|-----|-------|-------|

**800g**

|        |                                 |        |       |          |
|--------|---------------------------------|--------|-------|----------|
| 40,61m | Mike Dennis Aagaard Hansen 1989 | M35    | 13.09 | Ballerup |
| 31,81m | Rasmus Jensen - 1999            | Senior | 20.09 | Esbjerg  |

**Boldkast 145gram**

|        |                               |     |       |          |
|--------|-------------------------------|-----|-------|----------|
| 26,54m | Daniel Urbschat - 2012        | D13 | 15.09 | Ballerup |
| 24,43m | Balder Liam Lisbygd - 2012    | D13 | 15.09 | Ballerup |
| 21,31m | Folke Rode Olsen -2012        | D13 | 25.06 | Ballerup |
| 21,09m | Bjarne Frommann - 2012        | D13 | 15.09 | Ballerup |
| 18,36m | Alfred Folkmann Garnak - 2017 | D9  | 04.05 | Tårnby   |
| 14,34m | Peter Thorlund - 2012         | D13 | 15.09 | Ballerup |

**Boldkast 250gram**

|        |                      |     |       |          |
|--------|----------------------|-----|-------|----------|
| 24,57m | Tarjei Frommann 2013 | D13 | 15.09 | Ballerup |
|--------|----------------------|-----|-------|----------|

**Hammerkast****4 kg.**

|        |                        |     |       |          |
|--------|------------------------|-----|-------|----------|
| 22,05m | Bjarne Andersen -1955  | M70 | 01.03 | Ballerup |
| 19,29m | Sven-Erik Dreisig 1951 | M70 | 26.06 | Glostrup |

**5 kg**

|        |                      |     |       |          |
|--------|----------------------|-----|-------|----------|
| 28,37m | Kim Green 1965       | M60 | 26.06 | Glostrup |
| 19,46m | Dennis Sørensen 1963 | M60 | 31.08 | Greve    |

**6,0 kg**

|        |                               |     |       |          |
|--------|-------------------------------|-----|-------|----------|
| 28,86m | Henrik Hedelund Nielsen -1972 | M50 | 13.05 | Ballerup |
| 26,34m | Erik Berg 1966                | M55 | 31.08 | Greve    |

**7.25kg**

|        |                    |   |       |        |               |
|--------|--------------------|---|-------|--------|---------------|
| 65,53m | Rasmus Jensen 1999 | M | 16.03 | Cypern | <b>Klubre</b> |
|--------|--------------------|---|-------|--------|---------------|

**Vægtkast****7,26kg**

|        |                        |     |       |          |
|--------|------------------------|-----|-------|----------|
| 11,40m | Bjarne Andersen 1955   | M70 | 01.03 | Ballerup |
| 6,98m  | Sven-Erik Dreisig 1951 | M70 | 18.09 | Glostrup |

**9,08kg**

|        |                |     |       |         |
|--------|----------------|-----|-------|---------|
| 10,97m | Kim Green 1965 | M60 | 10.08 | Fr.berg |
|--------|----------------|-----|-------|---------|

**11,34kg**

|        |                               |     |       |          |
|--------|-------------------------------|-----|-------|----------|
| 10,09m | Henrik Hedelund Nielsen -1972 | M50 | 13.09 | Ballerup |
|--------|-------------------------------|-----|-------|----------|

**15,88 kg**

|        |                     |        |       |          |               |
|--------|---------------------|--------|-------|----------|---------------|
| 18,22m | Rasmus Jensen -1999 | Senior | 01.03 | Ballerup | <b>Klubre</b> |
|--------|---------------------|--------|-------|----------|---------------|

**Kastetrekamp**

Ku-di-sp

**Kastefirekamp**

Ku-di-ha-sp.

**Kaste 5-kamp HA-KU-DI-SP-VÆ**

|       |                      |        |       |         |
|-------|----------------------|--------|-------|---------|
| 3399p | Rasmus Jensen - 1999 | Senior | 20.09 | Esbjerg |
|-------|----------------------|--------|-------|---------|

|       |                      |     |       |          |
|-------|----------------------|-----|-------|----------|
| 2400p | Bjarne Andersen 1955 | M70 | 30.05 | Ballerup |
|-------|----------------------|-----|-------|----------|

61,67/13,04/37,20/31,81/17,81  
21,04/9,42/26,77/25,30/11,02



















