

Årets bedste udendørs resultater 2025

Piger/Kvinder

Opdateret 1.02 2026

40m

8.61s	1,0	Mathilda Rosengaard Skov Manuel 2016	P10	15.09	Ballerup
8.67s	1,0	Johanne Bartholdus 2018	P07	15.09	Ballerup

60m

10.61s	0,9	Rakel Anna Camilus 2015	P10	15.09	Ballerup
11.02s		Alva Skov 2015	P10	15.06	Hvidovre
11.92s	1,0	Mathilda Rosengaard Skov Manuel 2016	P10	25.06	Ballerup

80m

12.54s	0,2	Silke Hermann 2012	P13	15.09	Ballerup
13.58s	0,2	Andrea Bruus Petersen 2013	P13	15.09	Ballerup
13.77s	0,2	Katinka Hellmann 2012	P13	15.09	Ballerup
14.17s	0,2	Vigga Fosberg 2013	P13	15.09	Ballerup

100m

15.55s		Ida Harlev - 1979	K45	10.08	Fr.berg
17.25s		Vica Clausen - 1985	K40	13.09	Ballerup

100m +w eller ingen målt / manuel tid

16.44s	2,3	Vica Clausen 1985	K40	11.06	Greve
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200m

27.33s	-3,4	Filippa Maja Roug 2005	P20	07.08	Bagsværd
38.40s		Alva Skov 2015	P10	15.06	Hvidovre

200m +w eller ingen målt / manuel tid

26.17s	3,6	Eva Behrmann - 1993	K30	23.08	Hvidovre
13.60s	2,3	Katinka Hellmann 2012	P13	25.06	Ballerup 80m

400m

59.84s		Eva Behrmann - 1993	K30	23.08	Hvidovre
64.21s		Filippa Maja Roug 2005	P20	15.09	Ballerup
88.75s		Alva Skov 2015	P10	25.06	Ballerup
90.27s		Ida Harlev 1979	K45	31.08	Greve
92.83s		Camilla Lausten 2016	P09	15.09	Ballerup
2:01.48m		Regine Thorlund 2015	P10	15.09	Ballerup
2:19.74m		Rita Fosberg 2018	P07	15.09	Ballerup

800m

2:07.33	min	Majken Lützen 2003	P22	18.04	Chester PA
2:35.70	min	Eva Behrmann - 1993	K30	11.06	Greve
3:25.60	min	Susie-Ann Spiegelhauer 1970	K55	11.06	Greve

1500m

4:32.51	min	Majken Lützen 2003	P22	22.03	Chester PA
6:43.06	min	Susie-Ann Spiegelhauer 1970	K55	13.09	Ballerup
7:10.92	min	Emilie Nøddebo 2004	P22	15.09	Ballerup

5000m

26:33.02	min	Eva Schilling 1960	K65	11.06	Greve
27:42.29	min	Mette Ziirsen 1969	K55	06.05	Ballerup

1000m stafet

3:04.19	min	Masters hold		11.06	Greve
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Længdespring zone

2,82m	1,0	Camilla Lausten 2016	P10	15.09	Ballerup
2,38m	1,0	Regine Thorlund 2015	P10	15.09	Ballerup
2,36m	1,0	Mathilda Rosengaard Skov Manuel 2016	P10	15.09	Ballerup
2,32m	0,0	Johanne Bartholdus 2018	P07	15.09	Ballerup
1,84m	0,1	Rita Fosberg 2018	P07	15.09	Ballerup

Længdespring

4,07m	0,0	Silke Hermann 2012	P13	15.09	Ballerup
3,42m		Vica Clausen 1985	K40	11.06	Greve
3,29m		Ida Harlev 1979	K45	11.06	Greve
3,00m	1,0	Vigga Fosberg 2013	P12	15.09	Ballerup
2,97m	1,0	Rakel Anna Camilus 2015	P10	15.09	Ballerup
2,88m	0,0	Katinka Hellmann 2012	P13	15.09	Ballerup
2,78m		Susie-Ann Spiegelhauer 1970	K55	11.06	Greve
2,74m		Alva Skov 2015	P10	15.06	Hvidovre

Længdespring + w eller ikke målt

3,21m	3,4	Vica Clausen 1985	K40	13.09	Ballerup
2,96m	2,6	Susie-Ann Spiegelhauer 1970	K55	31.08	Greve

Højdespring

1,25m		Andrea Bruus Petersen 2013	P13	15.09	Ballerup
1,18m		Ida Harlev - 1979	K45	10.08	Fr.berg
1,15m		Jeanette Rønning 1965	K60	11.06	Greve

Boldkast 145 gram

18,82m		Johanne Bartholdus 2018	P07	15.09	Ballerup
15,14m		Camilla Lautsen 2016	P10	15.09	Ballerup
13,59m		Mathilda Rosengaard Skov Manuel 2018	P07	15.09	Ballerup
12,33m		Regine Thorlund 2015	P10	15.09	Ballerup
11,87m		Alva Skov 2015	P10	25.06	Ballerup

Kuglestød 2 kg

6,99m		Ella Bornemann 2012	P13	15.09	Ballerup
5,89m		Mahira Barkani 2013	P12	26.04	Glostrup
5,55m		Andrea Bruus Petersen 2013	P12	15.09	Ballerup
4,41m		Rakel Anna Camilus 2015	P10	15.09	Ballerup
3,70m		Alva Skov 2015	P10	15.09	Ballerup
3,46m		Mathilda Rosengaard Skov Manuel 2016	P10	25.06	Ballerup
2,37m		Rita Fosberg 2018	P07	15.09	Ballerup

3 kg

10,84m		Annika Hedelund Nielsen - 2008	P17	03.05	Tårnby
8,38m		Connie Holm -1956	K65	13.09	Ballerup
7,73m		Ulla Vadstrup Nielsen -1951	K70	10.08	Fr.berg
7,71m		Yuliia Petlenko 1972	K50	12.06	Ballerup

4 kg

12,38m		Rebecca Normann Spiegelhauer 2002	Senior	29.05	Ballerup
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Diskoskast 750g

Di		1 kg			
30,26m		Rebecca Jensen - 2000	Senior	12.06	Esbjerg
29,97m		Rebecca Normann Spiegelhauer 2002	Senior	20.09	Esbjerg
17,37m		Yuliia Petlenko 1972	K50	12.06	Ballerup
16,20m		Ulla Vadstrup Nielsen 1951	K70	14.09	Ballerup
18,15m		Connie Holm 1956	K65	10.08	Fr.berg

Spydkast 400 gram

10,66m	Vigga Fosberg 2013	P13	15.09	Ballerup	
9,60m	Silke Hermann 2012	P14	15.09	Ballerup	
500g					
16,24m	Connie Holm 1956	K65	18.09	Glostrup	
15,91m	Christina Gedsø Færge 1973	K50	11.06	Greve	
15,63m	Jeanette Rønning 1965	K60	06.05	Ballerup	
14,87m	Ulla Vadstrup Nielsen 1951	K70	26.06	Glostrup	
600g					
36,58m	Rebecca Normann Spiegelhauer 2002	Senior	20.09	Esbjerg	
28,53m	Ida Harlev - 1979	K45	10.08	Fr.berg	
Hammerkast 3. kg					
60,76m	Annika Hedelund Nieosen -2008	P17	01.03	Ballerup	Klubre
26,75m	Ulla Vadstrup Nielsen -1951	K70	14.09	Ballerup	
21,78m	Yuliia Petlenko 1972	K50	06.05	Ballerup	
24.00m	Connie Holm -1956	K65	31.08	Greve	
Hammerkast 4 kg.					
54,35m	Annika Hedelund Nielsen 2008	P17	03.05	Tårnby	
53,77m	Rebecca Normann Spiegelhauer 2002	Senior	29.05	Ballerup	
37,20m	Rebecca Jensen -2000	Senior	01.03	Ballerup	
24,69m	Ida Harlev - 1979	K45	13.09	Ballerup	
Vægtkast 5,45 kg					
9,58m	Ulla Vadstrup Nielsen 1951	K70	10.08	Fr.berg	
7,86m	Connie Holm 1965	K65	10.08	Fr.berg	
Vægtkast kg 7,26 kg					
15,21m	Annika Hedelund Nieosen -2008	P17	01.03	Ballerup	Klubre
9,89m	Ulla Vadstrup Nielsen -1951	K70	21.09	Esbjerg	
7,72m	Connie Holm -1956	K65	21.09	Esbjerg	
6,54m	Yuliia Petlenko - 1972	K50	14.09	Ballerup	
9,08 kg					
14,91m	Rebecca Normann Spiegelhauer 2002	Senior	20.09	Esbjerg	
Kaste 5-kamp HA-KU-DI-SP-VÆ					
3187p	Rebecca Normann Spiegelhauer 2002	Senior	20.09	Esbjerg	
	52,56/12,29/29,97/36,58/14,91				
2968p	Ulla Vadstrup Nielsen - 1951	K70	21.09	Esbjerg	
	25,62/7,58/15,60/13,57/9,89				
2569p	Connie Holm - 1956	K65	30.05	Ballerup	
	21,75/8,19/18,26/16,38/7,80				
1486p	Yuliia Petlenko - 1972	K50	30.05	Ballerup	
	19,66/7,13/16,23/10,96/6,97				

