



## Rangliste Piger/damer 2009

### 100m.

Helle Sørensen, 65	12,6s	79
Maria L. Jensen, 90	12,94s	09
Pia Christiansen, 66	12,8s	84
Louise K. Højland, 80	12,8s	94
Maria L Jensen. 90	13,0s	07
Ida Harlev, 79	13,30s	94
Tina Nilsson, 61	13,2s	79
Jette Simonsen, 66	13,3s	80
Helle Mortensen, 60	13,4s	73
Lilli Børger, 62	13,4s	84
Pernille Schnieder, 89	13,69s	04
Maria Purtoft, 84	13,82s	99
Marianne Lose, 65	13,6s	79
Gitte Hejberg, 66	13,6s	82
Astrid Wied-Christiansen, 95	13,90s	09
Rikke Poulsen, 88	13,92s	02
Susanne Vedel, 63	13,7s	79
Betina Lund, 61	13,7s	85
Antje Madsen, 60	13,8s	73
Hanne Christensen, 60	13,8s	73
Charlotte Christiansen, 69	13,8s	83
Maj-Britt Svendsen, 67	13,8s	85



## 200m.

Helle Sørensen, 65	26,0s	79
Pia Christiansen, 66	27,01s	84
Maria L Jensen, 90	27,10s	07
Louise K. Højland, 80	27,0s	95
Ida Harlev, 79	27,38s	96
Tina Nilsson, 61	27,5s	79
Trine Siserslev, 79	27,5s	98
Antje Madsen, 61	28,1s	77
Jette Simonsen, 66	28,3s	80
Lilli Børger, 62	28,3s	84
Marianne Lose, 65	28,4s	78
Susanne Vedel, 63	28,5s	79
Maria Purtoft, 84	28,7s	97
Betina Lund, 61	28,8s	85
Malene Lund, 67	28,9s	81
Christina Engmark, 80	29,25s	96
Pia Bech, 80	29,66s	95
Gitte Hejberg, 66	29,5s	82
Henriette Weywadt, 69	29,6s	84
Christina Holm, 88	29,34s	04
Berit Holm, 79	29,95s	93
Louise Hillersborg, 91	30,18s	06
Rikke Poulsen, 88	30,28s	02
Astrid Wied-Christiansen, 95	30,47s	09
Josefine Jensen, 90	30,55s	03

Med for meget vind eller ikke målt

Christina Holm, 88	29,19s	03
Josefine Jensen, 90	29,69s	03



#### 400m.

Trine Sierslev, 79	60,23s	97
Regitze Slatanach, 72	61,4s	88
Helle Sørensen, 65	61,9s	79
Susanne Vedel, 63	62,2s	77
Betina Dahl, 66	62,4s	80
Helle Mortensen, 60	62,5s	73
Maria L. Jensen, 90	62,92s	05
Karin Condell, 72	63,3s	88
Naomi Elkington, 64	63,4s	79
Katarina Tesalapatis, 74	64,5s	88
Jette Simonsen, 66	64,8s	81
Jane Nielsen, 71	64,8s	85
Marianne Lose, 65	64,9s	79
Ida Harlev, 79	65,51s	97
Tina Nilsson, 61	65,5s	79
Hanne Flygenring, 64	65,5s	82
Christina Engmark, 80	67,65s	96

#### 800m.

Regitze Slatanach, 72	2.14,81m	88
Jane Nielsen, 71	2.19,4m	86
Trine Sierslev, 79	2.20,62m	98
Betina Dahl, 66	2.21,0m	80
Karin T. Hansen, 65	2.22,72m	84
Rikke Mogensen, 71	2.23,3m	86
Camilla Jakobsen, 71	2.23,36m	86
Susanne Vedel, 63	2.24,4m	77
Naomi Elkington, 64	2.25,0m	79
Annette Otterdahl, 70	2.27,52m	86
Karin Cundell, 72	2.20,32m	88
Annette Dworak, 66	2.31,4m	78
Natasha Haugsted, 91	2.33,15m	07
Tina Unger, 70	2.33,65m	85
Dorthe Rasmussen, 80	2.33,8m	94
Pernille Schneider, 89	2.34,12m	03
Henriette Weywadt, 69	2.34,9m	83
Mia B. Andersen, 92	2.35,52m	06
Lisbeth Ketels, 65	2.35,9m	81
Cecilie H Christensen, 92	2.37,93m	08
Anita Belza, 73	2.38,5m	87
Dorthe Rasmussen, 80	2.39,0m	95
Maria L. Jensen, 90	2.39,16m	06
Hilde Breum, 86	2.39,17	03
Katja Müllertz, 90	2.39.8m	03
Ida Harlev, 79	2.40,10m	97



### 1000m.

Regitze Slatanach, 72	3.00,20m	90
Trine Sierslev, 79	3.01,31m	98
Camilla Jakobsen, 71	3.04,6m	87
Jane Nielsen, 71	3.05,7m	87
Betina Dahl, 66	3.07,4m	79
Annette Otterdahl, 70	3.14,7m	87
Natasha Haugsted, 91	3.16,6m	07
Annette Dworak, 66	3.18,5m	78
Susanne Vedel, 63	3.24,8m	77
Pernille Schneider, 89	3.25,49m	02
Cecilie H Christensen, 92	3.28,94m	07
Kirsten Simonsen, 68	3.30,0m	81
Dorthe Rasmussen, 80	3.31,28m	93
Naomi Elkington, 64	3.32,0m	78
Mia B. Andersen, 92	3.33,98m	05
Sanne M. Andersen, 80	3.37,66m	93
Maria L Jensen, 90	3.38,98m	02
Christina Engmark, 80	3.45,0m	94
Helle Burlin, 67	3.45,5m	79

### 1500m.

Trine Sierslev, 79	4.38,89m	01
Regitze Slatanach, 72	4.40,69m	90
Karin T. Hansen, 65	4.41,8m	84
Camilla Jakobsen, 71	4.43,8m	88
Rikke Mogensen, 71	4.48,2m	86
Betina Dahl, 66	4.52,6m	80
Annette Otterdahl, 70	4.59,0m	85
Jane Nielsen, 71	5.01,1m	85
Naomi Elkington, 64	5.03,0m	79
Karin Cundell, 72	5.06,5m	89
Susanne Vedel, 63	5.10,7m	77
Helle Burlin, 67	5.12,2m	83
Katja Müllertz, 90	5.12,71m	07
Cecilie H Christensen, 92	5.14,20m	08
Tina Unger, 70	5.14,87m	84
Annette Dworak, 66	5.16,5m	78
Hanne Flygenring, 64	5.22,7m	83
Natasha Haugsted, 91	5.26,90m	06
Kirsten Simonsen, 68	5.29,3m	80
Mia B Andersen, 92	5.39,25m	05



### Mile.

Karin T. Hansen, 65	5.15,5	82
Regitze Slatanach, 72	5.16,9	90
Annette Otterdahl, 70	5.32,9	85
Tina Unger, 70	5.40,8	85
Helle Burlin, 67	5.49,8	83
Trine Sierslev, 79	5.56,5	95
Ida Harlev, 79	6.32,5	92

### 2000m.

Karin T. Hansen, 65	6.16,7m	84
Camihla Jakobsen, 71	6.52,9m	85
Annette Otterdahl, 70	6.53,1m	85

### 3000m.

Karin T. Hansen, 65	9.56,2m	84
Camilla Jakobsen, 71	10.09,53m	88
Regitze Slatanach, 72	10.10,1m	90
Trine Sierslev, 79	10.22,98m	99
Rikke Mogensen, 70	10.24,26m	86
Annette Otterdahl, 70	10.45,9m	85
Cecilie H Christensen, 92	10.53,04m	08
Betina Dahl, 66	10.59,6m	80
Katja Müllertz, 90	10.59,94m	08
Helle Burlin, 67	11.14,2m	81
Karin Cundell, 72	11.21,84m	89
Tina Unger, 70	11.48,3m	78

### 5000m.

Karin T. Hansen, 65	17.14,3m	84
Trine Sierslev, 79	18.13,04m	03
Katja Müllertz, 90	18.51,99m	08
Rikke Mogensen, 71	19.29,9m	85
Camilla Jakobsen, 71	19.42,0m	84
Cecilie H. Christensen, 92	19.43,94m	06
Katja Müllertz, 90	19.49,02m	09
Helle Burlin, 67	20.02,5m	81
Susanne Christensen, 66	20.12,68m	05
Laila Hultberg, 69	21.04,3m	87
Lene Jakobsen, 47	21.45,63m	87
Ann Y. Hansen, 36	21.54,5m	91
Hilte Breum, 86	24.18,45m	06
Maria Jørgensen, 66	24.23,60m	06
Pia Jonassen, 65	24.31,53m	09
Inge Frandsen, 55	24.59,76m	05



Mila Wodzinski, 46                      27.28,50m                      05

**10000m.**

Karin T. Hansen, 65	35,39,2m	84
Trine Sierslev, 79	38.26,57m	04
Rikke Mogensen, 71	39,42,2m	86
Annette Otterdahl, 70	44,23,2m	83
Ann Y. Hansen, 36	45,50,6m	91

**3000m Forhindring**

Trine Sierslev, 79	12.18,62m	04
Cecilie Christensen, 92	12.25,91m	08
Katja Müllertz, 90	12.35,48m	08

**10 km landevej.**

Karin T. Hansen, 65	36,19,6m	83
Camilla Jakobsen, 71	37,11m	89
Regitze Slatanach, 72	37,15m	89
Trine Sierslev, 79	38,33m	00
Katja Müllertz, 90	39,04m	08
Rikke Mogensen, 71	39,12m	87
Jane Nielsen, 71	40,15m	86
Cecilie H Christensen, 92	40,34m	08
Helle Burlin, 67	41,13m	83
Karin Cundell, 72	41,31m	88
Annette Otterdahl, 70	42,01m	85
Betina Dahl, 66	43,15m	79
Susanne Vedel, 63	44,17m	81
Susanne H Christensen, 66	44,20m	06
Naomi Elkington, 64	44,39m	79
Helle Sørensen, 65	44,46m	80
Lone Christensen, 66	44,53m	89
Tina Unger, 70	45,00m	85
Marianne Mikkelsen	45,17m	81

**15 km landevej.**

Camilla Jakobsen, 71	60,23m	89
Karin Cundell, 72	65,59m	87

**20 km landevej.**

Marianne Mikkelsen	1,35,15t	81
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**½-Marathon.**

Katja Müllertz, 90	1,31,55t	07
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Laila Hultberg, 69	1,34,27t	95
Cecilie Christensen, 92	1,35,38t	07
Ann Y. Hansen, 36	1,43,24t	91
Pia Jonassen, 65	1,47,48t	07
Lene Jakobsen, 47	1,51,00t	91
Maria Jørgensen, 66	1.54,54t	06
Inge Fransen, 55	2.01,44t	06
Hanne Jønsson, 51	2.25,43t	06
Benthe Poulsen, 52	2.26,02t	06

### Marathon.

Marianne Mikkelsen	3,36,32t	81
Pia Jonassen, 65	4.09,16t	06
Ann Y. Hansen,36	4,10,13t	96

### 100m hæk.

Maria L. Jensen, 90	16,62s	07
Karina Jensen, 66	17,6s	82
Rebecca Weiss, 74	18,3s	90
Susanne Vedel, 63	18,4s	79
Ida Harlev,79	18,5s	97
Marianne Lose, 65	18,6s	80
Naomi Elkington, 64	19,0s	80
Maria Noppenau, 88	19,4s	03
Tine Harlev, 82	19,73s	99
Henriette Weywadt, 69	19,5s	89
Pia Bech, 80	19,91s	96
Berit Holm, 79	20,18s	97
Kristina Madsen, 71	20,2s	87
Jane Nielsen, 71	20,3s	87
Katja Müllertz, 90	20,63s	09
Annette Brenaa, 65	20,5s	80
Helle Theil Jensen, 64	20,8s	98
Cecilie H Christensen, 92	21,50s	09
Birgitte Vedel, 69	21,3s	85
Belinda Lauesen, 89	21,7s	03

### 200m hæk.

Maria L. Jensen, 90	33,89s	06
Tine Harlev, 82	37,05s	99
Katja Müllertz, 90	38,48s	07

### 400m hæk.

Trine Sierslev,79	71,4s	97
Katja Müllertz, 90	74,53s	07
Natasha Hausted, 91	79,99s	07



## Ballerup Atletik Klub

Pernille Schneider, 89	82,2s	02
Henriette Weywadt, 69	82,43s	84
Rikke Poulsen, 88	87,11s	05
Birgitte Vedel, 69	87,3s	84
Belinda Lauesen, 89	91,03s	02

### Længdespring.

Maria L. Jensen, 90	5,38m	07
Marianne Lose, 61	5,03m	81
Anne Marie Sørensen, 66	4,88m	89
Malene Lund, 67	4,78m	81
Pia Christensen, 66	4,77m	84
Regitze Slatanach, 72	4,75m	89
Tine Harlev, 82	4,69m	99
Helle Sørensen, 65	4,67m	79
Jette Simonsen, 66	4,65m	80
Katarina Tsalapatis, 74	4,65m	88
Laura Andersen, 92	4,66m	06
Maj-Britt Svendsen, 67	4,60m	85
Antje Madsen, 60	4,57m	73
Susanne Vedel, 63	4,57m	79
Astrid Weid-Christiansen, 95	4,53m	09
Tine Tofteng, 66	4,52m	80
Maria Noppenau, 88	4,51m	03
Ida Harlev, 79	4,49m	09
Birgitte Vedel, 69	4,48m	83
Christina Holm, 88	4,48m	03
Trine Sierslev, 79	4,45m	97
Charlotte Christiansen, 69	4,35m	81

### Længdespring inde

Ida Harlev, 79	5,18m	96
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### Højdespring.

Susanne Vedel, 63	1,60m	79
Birgitte Vedel, 69	1,60m	86
Malene Lund, 67	1,56m	82
Ida Harlev, 79	1,55m	97
Katja Müllertz, 90	1,52m	07
Helle Mortensen, 60	1,50m	74
Jane Rasmussen, 70	1,50m	84
Rebecca Weiss, 74	1,50m	88
Marianne Lose, 65	1,47m	80
Tine Tofteng, 66	1,45m	82
Karina Jensen, 66	1,45m	85
Dorthe Rasmussen, 80	1,45m	94
Maria L. Jensen, 90	1,43m	07



Trine Sierslev, 79	1,40m	94
Jane Nielsen, 71	1,35m	85
Katarina Tsalapatis, 74	1,34m	89

### Trespring.

Ida Harlev, 79	10,05m	96
Maria L. Jensen, 90	9,88m	06
Trine Sierslev, 79	9,72m	96
Caroline Ranners, 95	8,78m	09
Regina J Larsen, 95	8,78m	09
Mona Marthinsen, 88	8,02m	08
Annette Brenaa, 65	7,75m	83
Cæcilie Rønning, 91	7,36m	07

### Stangspring

Astrid Weid-Christiansen, 95	2,42m	09
Caroline Ranners, 95	2,22m	09
Maria L. Jensen, 90	2,05m	04
Natasha Hausted, 92	1,94m	08

### Kuglestød. 4. kg

Marianne Lose, 65	11,92m	82
Elsebeth Nielsen, 62	11,19m	83
Connie Holm, 56	10,75m	95
Maria L. Jensen, 90	10,61m	08
Tine Tofteng, 66	10,02m	90
Ida Harlev, 79	9,83m	97
Birgitte Vedel, 69	9,70m	85
Rikke Poulsen, 88	9,21m	04
Anne Marie Sørensen, 66	9,13m	89
Anne Duer, 67	9,06m	90
Henriette Weywadt, 69	8,99m	87
Susanne Vedel, 63	8,90m	79
Annette Brenaa, 65	8,89m	85
Antje Madsen, 60	8,86m	77
Annette Dworak, 66	8,84m	83
Maria Noppenau, 88	8,62m	04
Tina Nilsson, 61	8,38m	80

### Diskoskast. 1. kg

Maria L. Jensen, 90	35,35m	09
Marianne Lose, 65	35,00m	81
Birgitte Vedel, 69	34,06m	88
Henriette Weywadt, 69	32,47m	86
Elsebeth Nielsen, 62	32,21m	83
Tine Tofteng, 66	30,92m	90
Connie Holm, 56	30,42m	94



Annette Brenaa, 65	29,94m	84
Susanne Vedel, 63	29,08m	79
Antje Madsen, 60	28,40m	84
Tina Nilsson, 61	28,15m	80
Ida Harlev, 79	28,10m	09
Maria Noppenau, 88	27,58m	05
Rikke Poulsen, 88	27,31m	04
Anne Duer, 68	27,12m	90
Hanne Christensen, 60	26,59m	78

### Spydcast. 600 g (nyt spyd)

Maria L. Jensen, 90	49,99m	09
Ida Harlev, 79	29,62m	09
Connie Holm, 56	28,09m	04
Laura Andersen, 92	23,37m	06
Christina Holm, 88	23,22m	04
Maria Noppenau, 88	22,23m	04
Nina Engmark, 90	20,86m	05
Marianne L Engberg, 65	20,77m	05
Katja Müllertz, 90	20,17m	05
Rikke Poulsen, 88	20,14m	04
Jeanette Rønning, 65	19,99m	09
Natasha Hausted, 92	18,30m	08
Belinda Lauesen, 89	16,40m	05

### Spydcast. 600 g (gl. spyd)

Anne Duer, 68	37,04m	89
Henriette Weywadt, 69	34,87m	86
Anne Marie Sørensen, 66	33,36m	89
Tine Tofteng, 66	33,31m	83
Susanne Vedel, 63	32,41m	81
Connie Holm, 56	31,46m	97
Marianne Lose, 65	31,12m	81
Birgitte Vedel, 69	30,90m	88
Pia Christensen, 66	30,02m	84
Jette Simonsen, 66	29,35m	84
Karina Jensen, 66	29,32m	83
Marina Lund, 65	29,15m	81
Helle Mortensen, 60	28,98m	74
Ida Harlev, 79	27,48m	97
Annette Dworak, 66	26,85m	83

### Hammerkast. 4,0 kg

Maria L. Jensen, 90	33,75m	09
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Belinda Lauesen, 89	32,99m	08
Susanne Vedel, 63	29,93m	81
Ida Harlev, 79	29,54m	09
Rikke Poulsen, 88	29,46m	04
Elsebeth Nielsen, 62	29,10m	83
Tine Tofteng, 66	27,10m	83
Doris Jørgensen, 68	23,62m	08
Maria Noppenau, 88	21,25m	04
Marianne L. Engberg, 65	21,65m	07
Connie Holm, 56	20,74m	97
Nina Engmark, 90	20,74m	08
Annette Brenaa, 65	19,60m	83
Pia Jonassen, 65	19,58m	08
Annette Dworak, 66	18,41m	83

### Vægtkast 9.072 kg

Maria L. Jensen, 90	10,89m	09
Marianne L. Engberg, 65	8,01m	05
Rikke Poulsen, 88	7,80m	05
Connie Holm, 56	7,38m	97
Maria Noppenau, 88	6,91m	05

### Kaste-3-kamp. Gl. spyd

*(Kugle-diskos-spyd)*

Marianne Lose, 65	1805p	80
Henriette Weywadt, 69	1756p	87
Birgitte Vedel, 69	1699p	87
Susanne Vedel, 63	1670p	83
Elsebeth Nielsen, 62	1523p	83
Tine Tofteng, 66	1513p	83
Annette Dworak, 66	1368p	83
Annette Brenaa, 65	1367p	83
Jane Vedel, 43	1231p	87
Marina Lund, 65	1172p	83

### Kaste-3kamp (nyt spyd)

*(Kugle-diskos-spyd)*

Connie Holm, 56	1604p	97
9,67-27,80-28,34		

### Kaste-4kamp (nyt spyd)

*(Hammer-kugle-diskos-spyd)*

Maria L. Jensen, 90	2589p	09
Rikke Poulsen, 88	1985p	04
Connie Holm, 56	1945p	97
Maria Noppenau, 88	1872p	04



### **Kaste-5-kamp (nyt spyd)**

*(Hammer-kugle-diskos-vægt-spyd)*

Maria L. Jensen, 90	3237p	09
Connie Holm, 56	2451p	97
Marianne L Engberg, 65	1996p	04

### **7-kamp. Gl. spyd**

*(100m hæk-højde-kugle-200-længde-spyd-800m)*

Susanne Vedel, 63	3784p	80
Hanne Flygenring, 64	2660p	81
Berit Thomsen, 64	2448p	81
Birgitte Vedel, 69	1776p	89

### **7-kamp. nyt spyd**

*(100m hæk-højde-kugle-200-længde-spyd-800m)*

Marai L. Jensen, 90	4778p	07
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