



Årets bedste udendørs resultater 2008

PIGER

40m

Katrine Jacobsen, 99	P9	0,5	7,02s	30.8	Ball
Maria B Hansen, 2001	P7	-0,7	8,31s	30.8	Ball
Helena Ring, 2002	P6		8,39s	27.9	Greve
Nadia Iversen, 2001	P7		8,47s	28.9	Greve
Sofie-Amalie J Ranners, 2003	P5	-0,7	8,77s	28.9	Greve
Helena Matz, 2002	P5	-0,7	8,86s	30.8	Ball
Laura H Olsen, 2003	P5		10,38s	30.8	Ball
Minna S Heinesen, 2002	P6		11,03s	28.9	Greve

60m

Frederikke Mortensen, 98	P10	0,0	9,68s	21.9	Hillerød
Mathilde Ranners, 97	P11	0,3	10,13s	7.6	Bagsværd
Sannie Ullmann, 97	P11	0,7	11,02s	30.8	Ball
Helena Ring, 2002	P6	0,4	12,71s	25.8	FIF
Helena Matz, 2002	P6	0,4	12,89s	25.8	FIF
Sofie-Amalie J Ranners, 2003	P5	0,5	13,59s	25.8	FIF
Rebecca Nielsen, 2000	P8	0,6	14,27s	4.5	Tårnby
Minna S Heinesen, 2002	P6	0,5	15,96s	25.8	FIF

80m

Caroline Ranners, 95	P13	0,6	11,69s	21.9	Hillerød
Regina J Larsen, 95	P13	1,4	12,94s	11.6	Greve
Astrid Wind-Christensen, 95	P13	1,4	12,97s	7.5	Ball
Anna S Bredahl, 96	P12	1,7	13,04s	27.9	Greve
Frederikke Mortensen, 98	P10	-1,7	13,46s	8.10	Ball
Laura S Rasmussen, 96	P12	0,3	13,68s	30.8	Ball
Caroline Back, 96	P12	0,3	15,08s	30.8	Ball
Laura Hedelin, 97	P11	-0,7	16,23s	15.5	Ball

80m manuel tid

Caroline Ranners, 95	P13	0,1	11,2s	8.9	Bagsværd Klubrekord
Regina J Larsen, 95	P13	0,1	12,5s	8.9	Bagsværd
Mathilde Ranners, 97	P11	-0,7	13,8s	19.9	Tårnby

80m +w eller ingen målt

Caroline Ranners, 95	P13	3,8	11,53s	27.6	Greve
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100m

Maria L Jensen, 90	P18	1,2	12,98s	7.6	Bagsværd
Caroline Ranners, 95	P13	-1,8	14,32s	8.10	Ball
Louise Jeppensen, 94	P14	0,1	14,53s	30.8	Ball
Anna Offersgaard, 92	P16	1,7	14,74s	10.5	Ball
Katja Müllertz, 90	P18	0,3	14,90s	27.9	Greve



Ann Ipsen, 64	K40	0,1	15,10s	30.8	Ball
Cæcilie Rønning, 91	P17	-0,4	15,51s	20.6	FIF F
Belinda Lauesen, 89	P19	0,0	16,30s	30.8	Ball
Regina J Larsen, 96	P12	-1,8	16,99s	8.10	Ball
Nina Engmark, 90	P18	0,0	17,12s	30.8	Ball
Anna S Bredahl, 96	P12	-1,8	17,21s	8.10	Ball
Mathilde Ranners, 97	P11	0,1	17,28s	5.5	Tårnby
Jeanette Rønning, 65	K40	-0,4	17,51s	12.6	Hvidovre
Pia Jonassen, 65	K40	1,1	18,0s	28.5	Ball
Anni Justesen, 64	K40	-2,9	19,17s	20.8	Ball

100m +wind eller ingen målt

Maria L Jensen, 90	P18	3,6	12,79s	02.08	Øbro
Louise Jeppensen, 94	P14	2,7	14,20s	14.6	Hillerød

200m

Anna Offersgaard, 92	P16	0,7	30,67s	14.6	Hillerød
Louise Jeppensen, 94	P14	-1,1	30,89s	30.8	Ball
Caroline Ranners, 95	P13	-2,2	31,36s	18.6	Ball
Christina Holm, 88	K20	0,6	31,53s	14.6	Hillerød
Ann Ipsen, 67	K40	-1,1	31,68s	06.8	Holbæk
Katrine Jacobsen, 99	P9	-1,1	33,63s	30.8	Ball
Mona Martinsen, 88	K22	-1,1	36,00s	30.8	Ball
Regina J Larsen, 95	P13	-2,2	36,16s	18.5	Ball
Anna S Bredahl, 96	P12	-2,2	37,66s	18.6	Ball
Mathilde Ranners, 97	P11	-2,2	38,96s	18.5	Ball
Rebecca Nielsen, 2000	P8	-1,4	46,6s	8.9	Bagsværd

300m

Frederikke H Mortensen, 98	P10		55,03s	20.8	Ball
Pia Jonassen, 65	K40		64,38s	20.8	Ball
Anni Justesen, 64	K40		65,69s	20.8	Ball
Jeanette Rønning, 65	K40		66,11s	20.8	Ball
Emilie Klavsen, 2001	P7		76,60s	20.8	Ball
Helena Matz, 2002	P7		82,29s	20.8	Ball
Sofie-Amalie J Ranners, 2003	P5		91,31s	20.8	Ball

400m

Natasha Hausted, 91	P17		70,39s	7.6	Bagsværd
Christina Holm, 88	P20		75,17s	10.5	Ball
Frederikke H Mortensen, 98	P10		78,65s	21.9	Hillerød
Caroline Ranners, 95	P13		83,90s	8.10	Ball
Pia Jonassen, 65	K40		85,80s	12.6	Hvidovre
Regina J. Larsen, 95	P13		89,22s	8.10	Ball
Anna Bredahl, 96	P12		89,36s	8.10	Ball
Jeanette Rønning, 65	K40		99,99s	21.5	Ball
Rebecca Nielsen, 2000	P8		1.51,6s	19.9	Tårnby



600m

Astrid Wied-Christensen, 95	P13	1.59,57m	7-6	Bagsværd
Caroline Ranners, 95	P13	2.11,2m	28.5	Ball
Amanda B Glundø, 95	P13	2.14,09m	30.8	Ball
Regina J. Larsen, 95	P13	2.21,50m	27.9	Greve
Christian Lempke, 96	P12	2.31,04m	30.8	Ball
Pia Jonassen, 65	K40	2.39,7m	28.5	Ball
Rebecca H. Nielsen, 2000	P8	3.00,17m	28.9	Greve
Laura S Rasmussen, 96	P12	3.0689m	30.8	Ball

800m

Cecilie H Christensen, 92	P16	2.37,93m	14.6	Hillerød
Natasja Haugsted, 91	P17	2.38,07m	11.7	Helsingborg
Astrid Wied-Christensen, 95	P13	2.54,27m	18.5	HG
Pia Jonassen, 65	K40	3,21,34m	6.9	Holbæk
Ida Rossen, 96	P11	3,22,51m	20.8	Ball
Regina J Larsen, 95	P13	3,35,67m	20.8	Ball

1000m

Astrid Wied-Christensen, 95	P13	3.50,75m	8.6	Bagsværd
Amanda B Glundø, 95	P13	4.0100m	21.9	Hillerød
Regina J Larsen, 95	P19	4.43,35m	24.6	Hillerød
Helena Ring, 2002	P6	4.59,59m	27.9	Ball Klubrekord
Emilie Klavsen, 2001	P7	5.09,08m	27.9	Ball
Helena Matz, 2002	P6	5.30,05m	27.9	Ball

1500m

Cecilie H Christensen, 92	P16	5.14,20m	14.6	Hillerød
Katja Müllertz, 90	P18	5.16,1m	28.5	Ball
Natasja Haugsted, 91	P17	5.48,8m	20.4	Avignon
Caroline Ranners, 95	P13	6.14,51m	26.6	Øbro
Caroline Back, 96	P12	6.53,11m	27.9	Ball
Pia Jonassen, 65	K40	7.18,13m	30.8	Ball

3000m

Cecilie H Christensen, 92	P16	10.53,04m	11.7	Helsingborg
Katja Müllertz, 90	P18	10.59,94m	5.5	Tårnby
Amanda B Glunø, 95	P13	14.19,79m	18.5	HG
Kirsten Schilling, 63	K45	16.24,59m	18.6	Ball

5000m

Katja Müllertz, 90	P18	18.51,99m	14.6	Hillerød Klubrekord
Cecilie H Christensen, 92	P16	20.08,70m	10.5	Ball
Lisbeth Kromann, 47	K60	26,25,33m	21.5	Ball

5 km landevej

Katja Müllertz, 90	P19	19,24m	12-4	Herlev
Cecilie H Christensen, 92	P16	20.19m	12-4	Herlev
Natasha Haugsted, 91	P17	21,03m	12-4	Herlev



10 km landevej

Katja Müllertz, 90	P18	39,04m	29.3	Århus
Cecilie H. Christensen, 92	P16	40,34m	29.3	Århus

2000m forh.

Cecilie H Christensen, 92	P16	8.02,54m	13.9	Hvidovre Klubrekord
Katja Müllertz, 90	P18	8.26,27m	7.6	Bagsværd Klubrekord

3000m forhindring

Cecilie H Christensen, 92	P16	12.25,91m	2.8	Øbro Klubrekord
Katja Müllertz, 90	P18	12.35,48m	2.8	Øbro Klubrekord

4 km Cross

Cecilie H. Christensen, 92	P16	15,51m	24.2	Bellahøj
Katja Müllertz, 90	P18	15,56m	24.2	Bellahøj

8 km Cross

Cecilie H. Christensen, 92	P16	33,06m	23.2	Bellahøj
Katja Müllertz, 90	P18	33,45m	23.2	Bellahøj
Natasha Hausted, 91	P17	37,03m	23.2	Bellahøj

Halvmarathon

Marathon

60m hæk

Caroline Ranners, 95	P13	0,2	13,05s	21.9	Hillerød
Laura S Rasmussen, 96	P12	-0,8	14,90s	21.9	Hillerød

80m hæk 76,2 cm

Laura S Rasmussen, 96	P12	2,5	19,13s	18.5	HG
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100m hæk 76,2 cm

100m hæk 84 cm

Maria L. Jensen, 90	P18	0,8	16,71s	4.5	Tårnby Klubrekord
Cecilie H Christensen, 92	P16	2,0	22,14s	18.5	HG

200m hæk

300m hæk

400h hæk

Katja Müllertz, 90	P18		78,17s	6.9	Holbæk
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4X60m

Sofie-Amalie Ranners, 2003



Helena Ring, 2002

Helena Matz, 2002

Rebecca Nielsen, 2000 P8 54,50s 11.6 Greve **Klubrekord**

4X80m

Astrid Weid-Christiansen, 95

Anna Bredahl, 96

Regina Larsen, 95

Caroline Ranners, 95 P13 49,55s 21.9 Hillerød

Mathilte Ranner, 97

Regina Larsen, 95

Astrid Wied-Christensen, 95

Anna S. Bredahl, 96 P13 51,35s 7-6 Bagsværd

4X100m

Anna Offersgaard, 92

Christina Holm, 88

Katja Müllertz, 90

Maria L Jensen, 90 K20 54,77s 14.6 Hillerød

Anna Offersgaard, 92

Christina Holm, 88

Katja Müllertz, 90

Maria L Jensen, 90 S 56,79s 10.5 Ball

Cæcilie Rønning -91

Christina Holm -88

Katja Müllertz -90

Maria L. Jensen -90 P18 57,01s 6.9 Holbæk

X

X

X

Maria L. Jensen, 90 P18 57,30s 18.5 HG

X

X

X

X P13 63,70s 18.5 HG

Cæcilie Rønning, 91

Cecilie H Christensen, 92

Mone Marthinsen, 88

Ann Ipsen, 67 S 64,98s 10-5 Ball

Astrid Wind-Christensen, 95

Anna S Bredahl, 95



Regina J Larsen, 95					
Caroline Ranners, 95			66,29s	7.5	Ball

Caroline Back, 96					
Regina Larsen, 95					
Anna Bredahl, 96					
Caroline Ranners, 95	P13		67,87s	30.8	Ball

4X200m

Længdespring

Maria L. Jensen, 90	P18	-2,1	5,26m	26.7	Uddevalla Klubrekord
Mona Marthinsen, 88	P20	1,9	3,91m	5.5	Ball
Cæcilie Rønning, 91	P17	0,4	3,65m	18.6	Ball
Louise Jeppesen, 94	P17	0,1	3,58m	30.8	Ball
Caroline Ranners, 95	P13	0,7	3,57m	18.5	HG
Ann Ipsen, 64	K44	-0,7	3,82m	15.6	Holbæk
Bente Frederiksen, 64	K40	1,2	3,37m	12.6	Hvidovre
Belinda Lauesen, 89	P19	1,7	3,36m	30.8	Ball
Kirsten Schilling, 63	K45	1,0	3,20m	30.8	Ball
Nina Engmark, 90	P18	1,3	3,19m	30.8	Ball
Pia Jonassen, 65	K40	-0,3	3,08m	20.8	Ball
Anni Justensen, 65	K40	1,2	2,30m	30.8	Ball

Længdespring zone +w eller ingen målt

Caroline J Ranners, 95	P13		4,24m	8.10	Ball
Anna S. Bredahl. 96	P12		3,59m	8.10	Ball
Katrine Jacobsen, 99	P9		3,49m	30.8	Ball
Amanda B Glundø, 95	P13		3,43m	30.8	Ball
Laura S Rasmussen, 96	P12		2,89m	20.8	Ball
Frederikke H Olsen, 98	P10		2,86m	20.8	Ball
Sannie Uillmann, 97	P11		2,81m	30.8	Ball
Karen Partved, 97	P11		2,73m	20.8	Ball

Længdespring zone

Astrid Wien-Christiansen, 95	P13	-2,0	4,32m	27.9	Greve
Caroline J Ranners, 95	P13	2,0	4,16m	18.6	Ball
Regina J Larsen, 95	P13	2,0	3,90m	29.9	Greve
Anna S. Bredahl. 96	P12	0,0	3,48m	27.9	Greve
Mathilde J Ranners, 97	P11	1,4	3,24m	18.6	Ball
Nadia Iversen, 2001	P7	0,6	2,40m	21.6	FIF
Laura Hedelin, 97	P11	0,8	2,23m	18.6	Ball
Rebecca H. Nielsen, 2000	P8	1,2	1,95m	8.9	Bagsværd

Stangspring

Natasha Haugsted, 91	P17		1,94m	14.6	Hillerød
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Højdespring



Katja Müllertz, 90	P18	1,44m	14.6	Hillerød
Astrid Wien-Christiansen, 95	P13	1,30m	18.5	HG
Louise Jeppensen, 94	P14	1,30m	18.6	Ball
Caroline Ranners, 95	P13	1,25m	30.8	Ball
Anna S Bredahl, 96	P12	1,25m	21.9	Hillerød
Ann Ipsen, 67	K40	1,18m	10.5	Ball
Mathilde Ranners, 97	P11	1,15m	18.5	Ball
Caroline Back, 96	P12	1,05m	30.8	Ball
Katrine Jacobsen, 99	P9	1,00m	30.8	Ball

Trespspring

Mona Marthinsen, 88	P20	1,7	8,02m	14.6	Hillerød
Pia Jonassen, 66	K40	0,5	6,33m	10.5	Ball

Kuglestød 2 kg

Regina J. Larsen, 95	P13	8,63m	24.9	Ball
Caroline J Ranners, 95	P13	8,59m	27.9	Greve
Mathilde J Ranners, 97	P11	7,28m	27.9	Greve
Astrid Wien-Christiansen, 95	P13	6,85m	26.6	Øbro
Anna S Bredahl, 96	P12	6,51m	30.8	Ball
Laura S Rasmussen, 96	P12	6,11m	21.9	Hillerød
Caroline Bach, 96	P12	5,46m	30.8	Ball
Sannie Ullmann, 97	P11	4,89m	30.8	Ball
Amanda B Glundø, 95	P13	4,72m	30.8	Ball
Christtina Lempke, 96	P12	3,31m	30.8	Ball
Rebecca H. Nielsen, 2000	P8	3,30m	8.9	Bagsværd
Helena Ring, 2002	P6	2,72m	19.9	Tårnby
Helena Matz, 2002	P6	2,48m	30.8	Ball
Sofie-Amalie J Ranners, 2003	P5	1,62m	25.8	FIF
Nina Heinesen, 2002	P6	1,52m	25.8	FIF

3 kg

Connie Holm, 56	K50	9,97m	14.9	Esbjerg
Regina Larsen, 95	P13	6,63m	24.9	Ball

4 kg

Maria L Jensen, 90	P18	10,61m	5.5	Tårnby Klubrekord
Marianne L Engberg, 65	K40	9,58m	10.5	Ball
Connie Holm, 55	K50	9,33m	6.9	Holbæk
Belinda Lauesen, 89	P19	7,50m	30.8	Ball
Doris Jørgensen, 69	K	7,18m	16.6	Ball
Jeanette Rønning, 66	K40	6,75m	16.7	Ball
Nina Engmark, 90	P18	6,36m	28.9	Greve
Pia Jonassen, 65	K40	6,27m	29.4	Ball
Natasha Haugsted, 91	P17	6,22m	10.5	Ball
Anni Justensen, 64	K40	5,41m	28.5	Ball
Kirsten Schilling, 63	K45	4,90m	30.8	Ball
Mona Marthinsen, 88	K18	4,46m	28.5	Ball
Cæcilie Rønning, 91	P17	4,37m	28.5	Ball



Ann Ipsen, 67	K40	4,69m	30.8	Ball
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Diskoskast 750 gram

Caroline J Ranners, 95	P13	20,27m	27.9	Greve
Regina Laesen, 95	P13	18,17m	29.9	Greve
Anna Bredahl, 96	P12	12,91m	8.10	Ball
Astrid Wied-Christofersen, 95	P13	9,55m	8.10	Ball

1 kg

Marianne L Engberg, 65	K40	24,60m	10.5	Ball
Connie Holm, 55	K50	24,02m	6.9	Holbæk
Charlotte Engmark, 86	P22	23,59m	20.8	Ball
Nina Engmark, 90	P18	23,10m	28.9	Greve
Pia Jonassen, 65	K40	19,37m	16.7	Ball
Jeanette Rønning, 65	K40	17,33m	28.8	Ball
Belinda Lauesen, 89	P19	16,45m	14.8	Ball
Mone Marthinsen, 88	P22	16,31m	20.8	Ball
Regina J larsen, 95	P13	15,49m	18.5	HG
Anni Ranners, 64	K40	14,66m	28.5	Ball
Ann Ipsen, 67	K40	13,60m	30.8	Ball

Spydkast 400 g

Regina Larsen, 95	P13	19,35m	24.9	Ball
Caroline J Ranners, 95	P13	17,73m	25.8	FIF
Caroline Back, 95	P13	10,04m	21.9	Hillerød

500 g

Connie Holm, 56	K50	24,55m	18.9	Esbjerg
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600 g

Maria L. Jensen, 90	P18	49,09m	2.8	Øbro Klubrekord
Jeanette Rønning, 65	K40	18,35m	16.7	Ball
Natasha Haugsted, 92	P16	18,30m	10.5	Ball
Pia Jonassen, 65	K40	14,08m	16.7	Ball
Regine J Larsen, 95	P13	12,10m	18.5	HG
Louise Jeppesen, 94	P14	11,53m	30.8	Ball
Cæcilie Rønning, 91	P17	10,94m	20.4	Avignon

Boldkast 145 gram

Caroline Ranners, 95	P13	27,67m	11.6	Greve
Mathilde Ranners, 97	P11	23,76m	11.6	Greve
Katrine Jacobsen, 99	P9	20,62m	30.8	Ball
Sannie Ulmann, 97	P11	20,64m	21.9	Hillerød
Frederikke Mortensen, 98	P10	20,24m	30.8	Ball
Regina Larsen, 95	P13	18,78m	11.6	Greve
Rebecca Nielsen, 2000	P8	11,31m	19.9	Tårnby
Helena Ring, 02	P6	10,30m	5.5	Tårnby
Marie B Hansen, 2001	P7	9,41m	30.8	Ball
Nadia Iversen, 2001	P7	8,31m	21.6	FIF F



Helena Matz, 2002	P6	7,91m	11.6	Greve
Laura H Olsen, 2003	P5	7,03m	30.8	Ball
Josefine Jacobsen, 2003	P5	6,04m	30.8	Ball
Minna S Heinesen, 2002	P6	4,62m	28.9	Greve
Sofie-Amalie J Ranners, 2003	P5	4,81m	28.9	Greve

Hammerkast 3.kg

Regine J Larsen, 95	P13	16,17m	24.9	Ball Klubrekord
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Hammerkast 4.kg

Belinda Lauesen, 89	P19	32,99m	14.8	Ball Klubrekord
Doris Jørgensen, 69	K	23,62m	16.7	Ball
Nina Engmark, 90	P18	20,74m	20.6	FIF F
Pia Jonassen, 65	K40	19,58m	24.9	Ball
Charlotte Engmark, 86	P22	15,89m	10.5	Ball
Jeanette Rønning, 65	K40	12,49m	28.5	Ball
Cæcilie Rønning, 91	P17	11,10m	20.4	Avignon

Mangekamp

7-kamp

100m hæk-højde-kugle-200m
Længde-spyd-800m