



Årets bedste udendørs resultater 2010

PIGER

opdateret d. 04.01.2011

40m

							Klubrekord
Cecilie Gedsø Færge, 03	P7	0,0	7,47s	26.09	Greve		
Helena Matz, 02	P8	1,8	7,73s	27.09	Ball		
Laura H. Olsen, 03	P7	1,6	8,23s	02.05	Tårnby		
Rebecca Spiegelhauer, 02	P8	1,0	8,29s	27.09	Ball		
Sofie- Amalie Ranners, 03	P7	0,0	8,34s	05.06	Lyngby		
Nina Lykkeberg, 02	P8	1,0	8,77s	27.09	Ball		
Amalie Roepstoff, 02	P8	1,3	8,78s	27.09	Ball		
Mikala K Møllergaard, 02	P8	1,0	9,11s	27.09	Ball		
Astrid Terkildsen, 02	P8	1,3	9,65s	27.09	Ball		
Julie Lykkeberg, 04	P6	1,3	9,98s	27.09	Ball		
Julie Barnewits Dürr, 02	P8	1,0	10,53s	27.09	Ball		
Kathrine B Rubak, 04	P6	1,0	10,72s	27.09	Ball		

40m +w eller ingen målt / manuel tid

Marie B Hansen, 2001	P9	0,8	7,6s	05.06	Lyngby	
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60m

Josefine Olund Rasander, 01	P9	0,1	10,52s	25.09	Greve	
Amalie Pfeiffer, 01	P9	0,0	11,97s	05.05	Ball	
Svea Wolfram, 01	P9	0,0	12,02s	05.05	Ball	
Rebecca Spiegelhauer, 02	P8	0,0	12,35s	05.05	Ball	
Nadia Nielsen, 01	P9	0,0	12,78s	05.05	Ball	
Sofie- Amalie Ranners, 03	P7	0,6	12,86s	05.05	Ball	
Mikala Møllergaard, 02	P8	0,0	12,96s	05.05	Ball	

60m +w eller ingen målt / manuel tid

Josefine Olund Rasander, 01	P9	4,0	7,21s	24.08	FIF	
Juliane Lauritsen, 01	P9	4,0	8,36s	24.08	FIF	
Rebecca Sonne, 01	P9	4,0	8,38s	24.08	FIF	
Kaya Migind, 01	P9	3,7	8,73s	24.08	FIF	
Marie B Hansen, 2001	P9	2,4	10,93s	26.09	Greve	
Sofie Christensen, 00	P10	0,0	11,8s	15.09	Ball	
Sofie- Amalie Ranners, 03	P7	0,6	12,0s	15.09	Ball	
Laura Witt, 01	P9	0,0	12,0s	15.09	Ball	
Rebecca Sonne, 01	P9	0,0	12,4s	15.09	Ball	
Nanna D Andersen, 01	P9	0,0	12,6s	15.09	Ball	
Laura Olsen, 03	P7	0,0	12,9s	15.09	Ball	
Emma Harlev, 06	P4	0,0	16,7s	15,09	Ball	

80m

Frederikke Mortensen, 98	P12	-1,4	11,86s	25.09	Greve	
Gro Budek, 97	P13	-1,5	12,21s	20.06	Greve	
Ida-Louise Rasmussen, 98	P12	-0,1	13,17s	20.06	Greve	



80m +w eller ingen målt / manuel tid

Gro Budek, 97	P13	3,0	11,77s	01.05	Tårnby
Frederikke Mortensen, 98	P12	4,4	11,83s	02.06	Greve
Sara Langtoft, 98	P12	0,0	15,0s	20.05	Tårnby

100m

Astrid Weid-Christiansen, 95	P15	0,6	13,60s	09.05	Øbro
Caroline Ranners, 95	P15	0,1	13,41s	19.06	Greve
Mathilde W Ulendorf, 94	P16	0,7	13,68s	19.05	Ball
Ane Kathrine Pedersen, 94	P16	1,9	14,34s	01.05	Tårnby
Ann Ipsen, 67	K43	0,6	14,63s	15.08	Hvidovre
Frederikke Mortensen, 98	P12	1,0	15,09s	09.05	Øbro
Ida-Louise Rasmussen, 98	P12	0,1	16,46s	05.05	Ball
Julie Cordes, 94	P16	1,3	16,46s	10.06	GIC
Frederikke Kristensen, 98	P12	0,2	17,74s	05.05	Ball
Sara Langtoft, 98	P12	0,2	18,92s	05.05	Ball
Josefine Olund Rasander, 01	P9	-1,0	19,42s	10.06	GIC

100m +wind eller ingen målt / håndstoppet

Regina Larsen, 95	P14	4,0	14,38s	02.06	GIC
Frederikke Mortensen, 98	P12		14,7s	15.09	Ball
Ann Ipsen, 67	K43	3,9	14,7s	15.09	Ball
Mathilde Ranners, 97	P13		16,4s	15.09	Ball
Cæcilie Rønning, 91	P18		17,3s	15.09	Ball
Jeanette Rønning, 65	K45		17,4s	15.09	Ball
Ann-Mari Christensen, 01	P9	3,2	17,62s	27.09	Ball

200m

Caroline Ranners, 95	P15	0,4	28,04s	21.09	Holbæk
Frederikke Mortensen, 98	P12	1,1	30,16s	05.06	Lyngby
Ann Ipsen, 67	K43	1,9	30,50s	28.08	Aalborg
Gro Budek, 97	P13	0,9	31,67s	26.09	Greve

200m +w eller ingen målt / manuel tid

Gro Budek, 97	P13	2,6	30,2s	02.04	Cambrils
Ann Kathrine Pedersen, 94	P16		30,3s	15.09	Ball
Ann Ipsen, 67	K43	0,5	30,7s	13.06	Holbæk
Gro Budek, 97	P13		30,63s	02.05	Tårnby
Ida-Louise Rasmussen, 98	P12		35,2s	15.09	Ball

300m

Ida-Louise Rasmussen, 98	P12		55,9s	15.09	Ball
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400m

Astrid Weid-Christiansen, 95	P15		66,96s	19.05	Ball
Ann Ipsen, 67	K43		70,23s	28.08	Aalborg
Ane Kathrine Pedersen, 94	P16		70,31s	21.09	Holbæk



Frederikke Mortensen, 98	P12	71,57s	02.06	Greve
Natasha C. Haugsted, 91	P17	75,02s	21.09	Holbæk
Kirsten Scilling, 63	K47	82,03s	09.06	GIC
Sofie Christensen, 01	P9	84,45s	19.09	Hillerød
Josefine Olund Rasander, 01	P9	94,16s	19.06	Hillerød
Rebecca Nielsen, 2000	P10	100,48s	02.06	Greve
Mikala Møllgaard, 02	P8	108,28s	05.05	Ball
Sofie- Amalie Ranners, 03	P7	108,71s	05.05	Ball
Rebecca Spiegelhauer, 02	P8	108,74s	05.05	Ball
Svea Wolfram, 01	P9	115,55s	05.05	Ball
Amalie Pfeiffer, 01	P9	115,99s	05.05	Ball
Nadia Nielsen, 01	P9	119,39s	05.05	Ball

400m manuelt

Ane Kathrine Pedersen, 94	P16	69,5s	15.09	Ball
Josefine O Rosander, 01	P9	91,8s	15.09	Ball
Ann Marie R Christensen, 01	P9	97,2s	15.09	Ball
Sara Langtoft, 98	P12	99,0s	20.05	Tårnby

600m

Frederikke Mortensen, 98	P12	1.55,96m	21.08	Roskilde Klubrekord
Gro Budek, 97	P13	2.12,89m	21.08	Roskilde
Josefine Olund Rasander, 01	P9	2.15,57m	26.09	Greve
Sofie Christensen, 00	P10	2.16,99m	27.09	Ball
Laura Witt, 01	P9	2.32,41m	27.09	Ball
Cecilie Gedsø Færge, 03	P7	2.48,41m	27.09	Ball Klubrekord
Nanna D Andersen, 01	P9	2.52,82m	27.09	Ball
Helena Matz, 02	P8	2.56,14m	27.09	Ball
Amalie Roepstoff, 02	P8	3.05,16m	27.09	Ball
Julie Barnewits Dürr, 02	P8	3.08,12m	27.09	Ball
Mikala K Møllgaard, 02	P8	3.15,88m	27.09	Ball
Astrid Terkildsen, 02	P8	3.16,19m	27.09	Ball
Nina Lykkeberg, 02	P8	3.19,79m	27.09	Ball
Laura H. Olsen, 03	P7	3.37,68m	02.05	Tårnby
Sofie- Amalie Ranners, 03	P7	3.46,27m	05.06	Lyngby
Alberte G Jergsborg, 03	P7	4.09,72m	27.09	Ball
Julie Lykkeberg, 04	P6	4.24,06m	27.09	Ball
Kathrine B Rubak, 04	P6	4.51,36m	27.09	Ball
Jeanne E Thomsen, 04	P6	4.51,57m	27.09	Ball

800m

Cecilie H Christensen, 92	P18	2.44,09m	21.09	Holbæk
Natasha Haugsted, 91	P19	2.48,04m	21.09	Holbæk
Frederikke Mortensen, 98	P12	3.05,33m	09.05	Øbr



1000m

Sofie Christensen, 01	P9	4.07,08m	19.09	Hillerød
Frederikke Kristensen, 98	P12	4.28,75m	05.05	Ball
Sara Langtoft, 98	P12	5.04,21m	05.05	Ball

1500m

Cecilie H Christensen, 92	P18	5.19,61m	10.06	GIC
Louise Danborg, 95	P15	5.25,07m	04.09	Glostrup
Katja Müllertz, 90	P20	5.40,25m	21.09	Holbæk
Susanne Christensen, 66	K44	5.57,19m	15.08	Hvidovre
Sofie Christensen, 00	P10	7.09,25m	27.09	Ball
Pia Jonassen, 65	K45	7.17,04m	27.09	Ball
Line Ulendorf, 58	K52	7.44,93m	09.06	GIC

3000m

Cecilie H Christensen, 92	P18	11.24,18m	02.05	Tårnby
Louise Danborg, 95	P15	11.27,07m	05.09	Glostrup
Katja Müllertz, 90	P20	12.03,81m	09.07	Helsingborg

5000m

Katja Müllertz, 90	P20	19.43,30m	21.09	Holbæk
Cecilie H Christensen, 92	P18	19.48,50m	19.05	Ball
Susanne Christensen, 66	K44	20.21,12m	09.06	GIC
Lisbeth Kromann, 47	K63	27.04,77m	17.05	TIF

5 km landevej

Cecilie H Christensen, 92	P18	20,10m	24.05	Amager
Katja Müllertz, 90	P20	20,50m	24.05	Amager
Louise Danborg, 95	P15	21.49m	11.04	Skovlunde

10 km landevej

Susanne H Christensen, 66	K44	42,16m	24.05	Amager
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400m kappang

Amalie Pfeiffer, 01	P9	3.01,42m	26.09	Ballerup	Klubrekord
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600m kappang.

Rebecca Nielsen, 00	P10	4.57,84m	19.06	Greve	Klubrekord
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800m kappang.

Svea Wolfram, 01	P9	6.12,72m	05.05	Ball	Klubrekord
Amalie Pfeiffer, 01	P9	6.17,79m	05.05	Ball	
Nadia Nielsen, 01	P9	6.51,09m	05.05	Ball	

1. km kappang.

Amalie Pfeiffer, 01	P9	7.24m	01.05	Vallensbæk
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Halvmarathon

Susanne H. Christensen, 66	K44		1.34,21t	25.04	SNIK
Jane Ørum, 55	K55		1.47,22t	25.04	SNIK
Line Ulendorf, 58	K55		2,14,07t	25.04	SNIK
Karin Loje-Nielsen, 60	K50		2.26,09t	25.04	SNIK

Marathon

Jane Ørum, 55	K55		4.06,04t		Berlin marathon
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60m hæk

Gro Budek, 97	P13	0,9	12,64s	26.09	Greve
Frederikke Mortensen, 98	P12	0,9	13,06s	21.08	Roskilde
Ida-Louise Rasmussen, 98	P12	0,0	13,14s	19.06	Greve

80m hæk 76,2 cm

Gro Budek, 97	P13	1,5	15,96s	09.05	Øbro
Ida Louise Rasmussen, 98	P12	1,3	17,26s	09.05	Øbro

100m hæk 84 cm

Ida Harlev, 79	K31	-1,1	19,10s	19.05	Ball
Cecilie H Christensen, 92	P18	-1,1	22,21s	19.05	Ball

400m hæk

Ane Kathrine Pedersen, 94	P16		79,98s	21.09	Holbæk
Katja Müllertz, 90	P20		82,41s	19.05	Ball
Cecilie H Christensen, 92	P18		85,09s	21.09	Holbæk

4X60m

Rebecca Sonne, 01					
Josefine Rosander, 01					
Rebecca Nielsen, 00					
Sofie Christensen, 01	P10		47,69s	19.09	Hillerød

4X80m

Frederikke Mortensen, 98					
Ida-Louise Rasmussen, 98					
Mathilde Ranners, 97					
Gro Budek, 97	P13		48,86s	20.06	Greve

4X100m

Astrid Weid-Christiansen, 95					
Caroline Ranners, 95					
Ida Harlev, 79					
Mathilde Wichmann, 94	K		53,35s	19.05	Ball

Caroline Ranners, 95
 Natasha C Haugsted, 91
 Regina J Larsen, 95



Ane Kathrine Pedersen, 94 P19 58,41s 21.09 Holbæk

Regina Larsen, 96

Cecilie H Christensen, 92

Katja Müllertz, 90

Julie K Cordes, 94 P20 59,70s 19.05 Ball

Cæcilie Rønning, 91

Natasha Haugsted, 91

Cecilie Christensen, 92

Katja Müllertz, 90 P20 62,11s 15.06 Holbæk

Astrid Weid-Christiansen, 95

Frederikke Mortensen, 98

Ida Louise Rasmussen, 98

Caroline Bach, 97 P15 62,41s 09.05 Øbro

1000m stafet

Jeanette Rønning, 65

Anni Ranners, 64

Ann Ipsen, 67

Ida Harlev, 79 K 3.04,74m15.08 Hvidovre

Jeanette Rønning, 65

Anni Ranners, 64

Kirsten Schilling, 63

Ida Harlev, 79 K 3.14,98m 09-06 GIC

Anni Ranners, 64

Jeanette Rønning, 65

Kirsten Schilling, 63

Ann Ipsen, 67 K 3.16,95m 17.05 TIF

Længdespring

Caroline Ranners, 95 P15 2,0 4,83m 26.09 Greve

Regina J. Larsen, 95 P15 0,4 4,45m 16.09 Tårnby

Astrid Weid-Christiansen, 95 P15 -2,2 4,44m 19.05 Ball

Ida Harlev, 79 K31 -0,1 4,43m 15.06 Holbæk

Gro Budek, 97 P13 0,0 4,16m 09.05 Øbro

Ann Ipsen, 67 K43 0,0 4,00m 28.08 Aalborg

Anni Ranners, 64 K46 1,0 3,10m 09.06 GIC

Længdespring zone

Caroline Ranners, 95 P15 2,5 4,85m 26.09 Greve

Gro Budek, 97 P13 2,0 4,24m 21.08 Roskilde

Frederikke Mortensen, 98 P12 1,9 3,90m 21.08 Roskilde

Mathilde Ranners, 97 P13 0,0 3,80m 23.09 Ball

Ida-Louise Rasmussen, 98 P12 0,0 3,54m 20.06 Greve



Rebecca Spiegelhauer, 02	P8	1,9	3,11m	19.09	Hillerød
Josefine Olund Rasander, 01	P9	-0,6	3,05m	26.09	Greve
Sofie Christensen, 00	P10	1,7	3,02m	23.09	Ball
Marie B Hansen, 01	P9	-0,5	3,01m	26.09	Greve
Sannie Phil Ullmann, 97	P13	-1,0	2,90m	26.09	Greve
Ana-Marie Christensen, 01	P9	0,9	2,85m	23.09	Ball
Kaya Mygind, 01	P9	0,0	2,78m	24.08	FIF
Juliane Lauritsen, 01	P9		2,46m	24.08	FIF
Sofie-Amalie Ranners, 03	P7	0,0	2,61m	23.09	Ball
Rebecca Sonne, 01	P7	0,3	2,49m	23.09	Ball
Mikala Møllergaard, 04	P6	0,0	2,26m	05.05	Ball
Laura H. Olsen, 03	P7	0,0	2,22m	02.05	Tårnby
Cecilie Gedsø Færgø, 03	P7	0,1	2,21m	26.09	Greve
Rebecca Nielsen, 00	P10	0,7	1,95m	23.09	Ball

Stangspring

Caroline Ranners, 95	P15		3,00m	05.09	Glostrup Klubrekord
Astrid Weid-Christiansen, 95	P15		2,40m	05.09	Glostrup
Ida Harlev, 79	K31		2,20m	15.08	Hvidovre

Højdespring

Katja Müllertz, 90	P20		1,51m	15.06	Holbæk
Ida Harlev, 79	K31		1,36m	15.06	Holbæk
Astrid Weid-Christiansen, 95	P15		1,30m	09.05	Ball
Jeanette Rønning, 65	K45		1,28m	15.08	Hvidovre
Mathilde Ranners, 97	P13		1,25m	19.06	Greve
Rebecca Sonne, 01	P9		0,95m	23.09	Ball
Rebecca Spiegelhauer, 02	P8		0,80m	05.05	Ball
Mikala Møllergaard, 02	P8		0,75m	05.05	Ball

Trespring

Regina Larsen, 95	P15	-0,9	9,19m	26.09	Greve Klubrekord
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Kuglestød 2 kg

Mathilde Ranners, 97	P13		9,05m	21.09	Ball
Frederikke Morten, 98	P12		7,05m	21.08	Roskilde
Sannie Ullmann, 97	P13		6,63m	02.05	Tårnby
Gro Budek, 97	P13		6,52m	21.08	Roskilde
Amalie Pfeiffer, 01	P9		5,10m	02.05	Tårnby
Rebecca Nielsen, 00	P10		5,07m	19.09	Hillerød
Josefine Rosander, 01	P9		3,88m	26.09	Greve
Rebecca Sonne, 01	P9		3,75m	24.08	FIF
Laura Olsen, 03	P9		3,25m	21.09	Ball
Marie B Hansen, 01	P9		3,01m	05.06	Lyngby
Rebecca Spiegelhauer, 02	P8		2,88m	05.05	Ball
Sofie-Amalie Ranners, 03	P7		2,75m	05.05	Ball
Juliane Lauritsen, 01	P9		2,75m	24.08	FIF



3 kg

Connie Holm, 56	K54	9,91m	15.08	Hvidovre
Regina J. Larsen, 95	P15	8,60m	16.09	Tårnby
Caroline Bach, 96	P14	5,44m	09.05	Øbro

4 kg

Maria L. Jensen, 90	P20	11,07m	15.06	Holbæk
Jeanette Rønning, 65	K45	7,79m	09.06	GIC

Diskoskast 600 gram

Regina J. Larsen, 95	P15	22,06m	10.07	Helsingborg
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750 gram

Caroline Ranners, 95	P15	25,77m	01.05	Tårnby
Regina J. Larsen, 95	P15	22,92m	02.04	Cambrils
Mathilde Ranners, 97	P13	17,80m	19.06	Greve
Sannie Ullmann, 97	P13	15,21m	02.04	Cambrils
Caroline Bach, 96	P14	13,10m	02.04	Cambrils
Rebecca Nielsen, 00	P10	10,11m	21.09	Ball
Jullieane Lauridsen, 01	P9	5,91m	05.05	Ball

1 kg

Maria L. Jensen, 90	P20	36,88m	18.09	Esbjerg	Klubrekord
Ida Harlev, 79	K31	26,92m	09.06	GIC	
Caroline Ranners, 95	P15	21,76m	19.05	Ball	
Regina J. Larsen, 95	P15	17,75m	19.05	Ball	
Pia Jonassen, 65	K45	12,53m	02.04	Cambrils	

Spydkast 400 g

Frederikke Morten, 98	P12	21,74m	21.08	Roskilde
Mathilte Ranners, 97	P13	12,03m	21.09	Ball
Gro Budek, 97	P13	9,66m	21.08	Roskilde
Rebecca Nielsen, 00	P10	8,30m	21.09	Ball

600 g

Maria L. Jensen, 90	P20	46,58m	07.08	Odense
Ida Harlev, 79	K31	30,54m	19.05	Ball
Jeanette Rønning, 65	K45	23,11m	17.05	TIF
Regina Larsen, 95	P15	15,53m	21.09	Holbæk
Pia Jonassen, 65	K45	12,53m	02.04	Cambrils
Ida Louise Rasmussen, 98	P12	11,23m	09.05	Øbro

Boldkast 145 gram

Amalie Pfeiffer, 01	P9	22,27m	02.05	Tårnby
Rebecca Nielsen, 00	P10	14,44m	19.09	Hillerød
Marie B Hansen, 01	P9	11,26m	05.06	Lyngby
Cecilie Gedsø Færgø, 03	P7	11,10m	26.09	Greve



Laura H. Olsen, 03	P7	10,41m	21.09	Ball	
Sofie- Amalie Ranners, 03	P7	7,86m	05.06	Lyngby	
Hammerkast 3.kg					
Mathilde Ranners, 97	P13	14,52m	21.09	Ball	
Rebecca Nielsen, 00	P10	9,50m	02.04	Cambrils	
Hammerkast 4.kg					
Maria L. Jensen, 90	P20	38,03m	21.09	Holbæk	Klubrekord
Ida Harløv, 79	K31	29,08m	15.08	Hvidovre	
Vægtkast. 9,072kg					
Maria L. Jensen, 90	P20	10,56m	18.09	Esbjerg	
Kaste 5-kamp					
Ha-ku-di-væ-sp.					
Maria L. Jensen, 90	P20	3353p	18.09	Esbjerg	Klubrekord
37,06-10,27-36,88-10,56-39,59					
5-kamp					
60h-ku-læ-sp-600					
Frederikke Morten, 98	P12	2901p	21.08	Roskilde	Klubrekord
13,07-7,05-3,90-21,74-1.55,96					
Gro Budek, 97	P13	2314p	21.08	Roskilde	Klubrekord
12,83-6,52-4,24-9,66-2.12,89					