



Årets bedste udendørs resultater

PIGER

40m

Katrine Jacobsen, 99	P7	1,3	7,4s	7-10	Køge
Signe Petersen, 99	P7	0,8	8,07s	8-5	Ball
Nathacha Marloth, 99	P7	0,8	8,89s	8-5	Ball
Sannie Ullmann, 97	P7	3,5	8,95s	31-5	Greve
Emilie Overschov, 99	P7	0,8	9,20s	8-5	Ball
Louise Trasborg, 99	P7	-1,1	9,27s	7-5	Tårnby
Kathrine Jansen, 99	P7	0,8	9,78s	8-5	Ball
Rebecca Nielsen, 00	P6	0,4	11,55s	8-5	Ball
Helena Matz, 02	P4	0,4	12,09s	7-5	Tårnby
Josefine Jacobsen, 00	P6	0,0	13,40s	23-9	Greve

60m

Sannie Ullmann, 97	P9		11,4s	13-6	Stenløse
Naja Nielsen, 98	P8	-1,8	12,98s	23-9	Greve

100m

Maria L. Jensen, 90	P16	-0,5	13,3s	13-9	Ball
Louise Hillersborg, 91	P15	-0,7	14,24s	11-6	Holbæk
Laura Andersen, 92	P14	-1,7	14,79s	19-4	Ball
Christian Holm, 88	P18	-2,7	15,07s	25-5	Ball
Natasha Haugsted, 91	P15	-2,6	15,13s	25-5	Ball
Anna F Offergaard, 92	P14	0,0	15,26s	2-9	Greve
Maria Noppenau, 88	P18	-1,7	15,60s	19-4	Ball
Belinda Lauesen, 89	P17	-2,7	16,10s	25-5	Ball
Maria Jørgensen, 66	K40	-1,7	16,24s	19-4	Ball
Cæcilie Rønning, 91	P15	1,1	16,33s	23-9	Greve
Mona Martinsen, 88	P18	0,0	16,6s	13-9	Køge
Stine Offergaard, 95	P11	-1,2	17,6s	13-9	Ball
Regina J Larsen, 95	P11	-1,2	18,7s	13-9	Ball

200m

Maria L. Jensen, 90	P16	-0,2	27,3s	4-10	Ball (1987)
Louise Hillersborg, 91	P15	-0,9	30,18s	16-5	Bagsværd
Natasha Hausted, 91	P15	-0,6	31,9s	4-10	Ball
Christina Holm, 88	P18	0,0	32,36s	26-8	Greve
Anna Offergaard, 92	P14	-0,6	33,0s	4-10	Ball
Caroline Ranners, 95	P11	-0,4	34,8s	4-10	Ball
Mona Martinsen, 88	P18	2,6	35,29s	18-6	FIF-F
Cæcilie Rønning, 91	P15	-0,6	35,5s	4-10	Ball
Regina Larsen, 95	P11	-3,6	42,77s	23-9	Greve
Alberte Sørensen, 97	P9	-0,4	44,0s	4-10	Ball
Anemome Sørensen, 97	P9	-0,4	46,5s	4-10	Ball
Naja Nielsen, 98	P8	-0,4	51,1s	4-10	Ball
Nana Krog, 95	P11	-0,4	51,1s	4-10	Ball



400m

Hilte Breum, 86	P20	68,99s	11-6	Holbæk
Mia B. Andersen, 92	P14	70,64s	16-5	Bagsværd
Christina Holm, 88	P18	73,38s	25-5	Ball
Sannie Ullmann, 97	P9	2.11,71m	7-5	Tårnby

600m

Natasha Hausted, 91	P15	1.56,47m	24-9	Greve (1994)
Anna Offersgaard, 92	P14	2.13,0m	21-6	Ball
Cæcilie Rønning, 91	P15	2.41,2m	21-6	Ball

800m

Mia B Andersen, 92	P14	2.35,52m	30-6	Gøteborg
Matasha Hausted, 91	P15	2.37,86m	11-6	Holbæk
Maria Jensen, 90	P16	2.39,16m	13-8	Bagsværd
Katja Müllertz, 90	P16	2.47,07m	30-6	Gøteborg
Cecilie H Christensen, 92	P14	2.47,55m	30-6	Gøteborg
Hilde Breum, 86	P20	2.55,49m	15-5	Bagsværd
Caroline Ranners, 95	P11	3,38,09m	4-9	Ballerup

1000m

Mia B. Andersen, 92	P15	3,41,79m	2-8	Sundby
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1500m

Katja Müllertz, 90	P16	5.21,43m	9-10	Hvidovre
Cecilie H Christensen, 92	P14	5.26,55m	9-10	Hvidovre
Natasha C Haugsted, 91	P15	5.26,90m	6-6	Øbro
Simone N. Jensen, 93	P13	6.04,92m	6-6	Øbro
Mona Martinsen, 88	P18	7.00,82m	19-8	Skive

3000m

Cecilie H. Christensen, 92	P14	11.23,06m	12-8	Bagsværd
Katja Müllertz, 90	P16	11.14,71m	10-9	Hvidovre
Natasha Haugsted, 91	P15	12.09,66m	25-5	Ball

5000m

Cecilie H. Christensen, 92	P14	19.43,94m	2-8	Sundby
Katja Müllertz, 90	P16	20.06,0m	2-8	Sundby (ny)
Hilte Breum, 86	P20	24.18,45m	11-6	Holbæk
Maria Jørgensen, 66	K40	24.23,60m	16-5	Bagsværd

3 km landevej

Amanda B. Gludsø, 95	P11	16.98,1m	7-10	HG
Anna Bredal, 95	P11	19.04,3m	7-10	HG
Regina J. Larsen, 95	P11	19.12,5m	7-10	HG



5 km landevej

Cecilie H. Christensen, 92	P14	19,44m	12-7	AAC
Katja Müllertz, 90	P16	20.33,5m	7-10	HG
Susanne H. Christensen, 66	K40	21,38m	31-5	Amager
Natasha Hausted, 91	P15	22.23,7m	7-10	HG
Mia B Andersen, 92	P14	24.21,4m	7-10	HG

10 km landevej

Katja Müllertz, 90	P16	42,02m	24-9	Grisseløbet
Susanne H Christensen, 66	K40	44,20m	12-7	AAC

Halvmarathon

Maria Jørgensen, 66	K40	1.54,54t	30-4	SNIK
Inge Frandsen, 55	K50	2.01,44t	30-4	SNIK
Hanne Jønsson, 51	K55	2.25,43t	30-4	SNIK
Benthe Poulsen, 52	K50	2.26,02t	30-4	SNIK

Marathon

Pia Jonassen,		4.09,16t		Berlin
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100m hæk 76,2 cm

Maria L. Jensen, 90	P16	1,8	16,44s	10-10	Hvidovre
Cecilie H. Christensen, 92	P14	-2,3	18,33s	25-5	Ball

100m hæk 76,2 cm +w

Maria L. Jensen, 90	P16	2,2	16,36s	10-10	Hvidovre
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100m hæk 84 cm

Maria L. Jensen, 90	P16	-1,6	16,94s	24-9	Greve
Maria Noppenau, 88	P18	-2,6	20,99s	16-5	Bagsværd
Christina Holm, 88	P18	0,0	22,16s	11-6	Holbæk

200m hæk

Maria L. Jensen, 90	P16	0,2	33,89s	2-8	Sundby (NY)
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300m hæk

Katja Müllertz, 90	P16		55,08s	25-6	Värnomo
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400h hæk

Katja Müllertz, 90	P16		81,92s	16-5	Bagsværd (2004)
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4X40m

Alberte M. Sørensen, 97					
Anemone M Sørensen, 97					
Trine Andersen, 99					
Katrine K. Jacobsen, 99	P9		33,8s	7-6	Ballerup (NY)



4X100m

Christina Holm -88

Natasja Haugsted -91

Katja Müllertz -90

Maria Jensen -90 P19 56,69s 26-8 Greve

Belinda Lauesen, 89

Christian Holm, 88

Katja Müllertz, 90

Maria Jensen, 90 P19 57,44s 25-5 Ball

Belinda Lauesen, 89

Maria Noppenau, 88

Katja Müllertz, 90

Maria Jensen, 90 P19 58,10s 16-8 Skive

Louise Hildersborg, 91

Natasha Haugsred, 91

Cæcilie Rønning, 91

Maria Jensen, 90 P17 58,2s 7-6 Ball

Kamilla Jensen, 93

Cecilie H. Christensen, 92

Mia B. Andersen, 92

Natasha Haugsted, 92 P15 60,35s 25-5 Ball

4X200m

Louise Hildersborg, 91

Natasha Haugsted, 91

Mona Martinsen, 88

Maria Jensen, 90 P19 2.05,4m 7-6 Ball

Alberte M. Sørensen, 97

Anemone M Sørensen, 97

Trine Andersen, 99

Katrine K. Jacobsen, 99 P9 2.58,4m 7-6 Ballerup (NY)

Længdespring

Maria L. Jensen, 90 P16 -2,0 5,10m 24-9 Greve (1981)

Laura Andersen, 92 P14 2,0 4,66m 7-5 Tårnby

Cæcilie Rønning, 91 P15 -0,5 3,93m 27-6 FIF-F

Anna Offersgaard, 92 P14 0,6 3,85m 25-5 Ball

Mona Martinsen, 88 P18 0,3 3,83m 18-5 FIF-F

Belinda Lauesen, 89 P17 0,0 3,77m 4-10 Ball

Kamilla L. Jensen, 93 P13 1,1 3,69m 25-5 Ball



Længdespring zone

Caroline Ranners, 95	P11	0,1	3,29m	4-10	Ball
Nana Krog, 95	P11	0,1	3,01m	4-10	Ball
Kaya Müllertz, 95	P11	2,3	2,83m	6-5	Tårnby
Katrine Jacobsen, 99	P7		2,99m	7-9	Køge (2001)
Regina Larsen, 95	P11		2,78m	23-9	Greve
Nathacha Marloth, 99	P7	0,0	2,51m	8-5	Ball
Anemone Sørensen, 97	P9	-1,9	2,47m	4-10	Ball
Kathrine Jansen, 99	P7	0,3	2,39m	8-5	Ball
Caroline Bach, 96	P10		2,27m	23-9	Greve
Emilie Overschov, 99	P7	2,7	2,26m	8-5	Ball
Naja Nielsen, 98	P8	0,2	2,25m	4-10	Ball
Sannie Ullmann, 97	P9	2,7	2,11m	31-5	Greve
Louise Trasborg, 99	P7	1,4	2,06m	8-5	Ball
Alberte Sørensen, 97	P9	-3,0	2,02m	21-6	Ball
Mathilde Clausen, 00	P6	-2,2	1,91m	8-5	Ball
Frederikke Vammen, 01	P5	-0,1	1,83m	8-5	Ball
Signe Petersen, 99	P7	-2,0	1,58m	8-5	Ball
Line Rasmussen, 01	P5	-0,2	1,34m	8-5	Ball
Rebecca Nielsen, 00	P6	0,6	1,16m	8-5	Ball
Helena Matz, 02	P4	-0,1	1,10m	7-5	Tårnby

Højdespring

Katja Müllertz, 90	P16		1,47m	11-6	Holbæk
Maria L. Jensen, 90	P16		1,40m	20-5	Glostrup
Mia B. Andersen, 92	P14		1,31m	3-7	Gøteborg

Trespspring

Maria L. Jensen, 90	P16	0,5	9,88m	13-9	Ball (2005)
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Kuglestød 1. kg

Sannie Ullmann, 97	P9		4,76m	23-9	Greve
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3. kg

Connie Holm, 56	K50		9,45m	18-5	Hillerød
Natasha Haugsted, 91	P15		5,84m	21-6	Ball
Louise Hillersborg, 91	P15		5,81m	21-6	Ball
Kamilla L. Jensen, 93	P13		5,72m	25-5	Ball
Cæcilie Rønning, 91	P15		4,96m	25-5	Ball
Anna Offersgaard, 92	P14		4,78m	21-6	Ball

4. kg

Marianne L. Engberg, 65	K40		10,10m	11-6	Holbæk
Maria L. Jensen, 90	P15		9,48m	24-9	Greve
Connie Holm, 56	K50		9,29m	11-6	Holbæk
Rikke Poulsen, 88	P18		8,30m	25-5	Ball
Belinda Lauesen, 89	P17		6,93m	16-8	Skive



Mona Martinsen, 88	P18	4,54m	2-7	Ball
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Diskoskast 750 gram

Laura Andersen, 92	P14	16,31m	25-5	Ball
Cæcilie Rønning, 91	P15	11,93m	4-10	Ball
Anna Offersgaard, 92	P14	11,61m	25-5	Ball

1. kg

Maria Jensen, 90	P16	29,38m	10-10	Hvidovre
Marianne L. Engberg, 65	K	26,50m	15-7	Ball
Maria Noppenau, 88	P18	25,35m	16-8	Skive
Mona Martinsen, 88	P18	16,18m	4-10	Ball

Spydkast 400 g

Caroline Ranners, 95	P11	10,72m	4-10	Ball
Nana Krog, 95	P11	9,98m	4-10	Ball
Regina Larsen, 95	P11	5,19m	4-10	Ball
Alberte Sørensen, 97	P9	4,29m	4-10	Ball
Annemone Sørensen, 97	P9	4,08m	4-10	Ball
Naja Nielsen, 98	P8	4,00m	4-10	Ball

500 g

Connie Holm, 56	K50	23,60m	18-5	Hillerød
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600 g

Maria Jensen, 90	P16	41,80m	16-8	Skive (1985)
Laura Andersen, 92	P14	23,37m	25-5	Ball
Christina Holm, 88	P18	24,26m	11-6	Holbæk
Mona Martinsen, 88	P18	10,58m	2-7	Ball

Boldkast 145 gram

Kaya Müllertz, 95	P11	22,16m	7-5	Tårnby
Naja Nielsen, 98	P8	20,85m	29-8	Tårnby
Caroline Bach, 96	P10	14,98m	23-9	Greve
Sannie Ullmann, 97	P9	13,29m	29-8	Tårnby
Katrine Jacobsen, 99	P7	11,52m	24-9	Greve
Nathacha Marloth, 99	P7	8,54m	8-5	Ball
Emilie Overschov, 99	P7	7,27m	8-5	Ball
Kathrine Jansen, 99	P7	6,61m	8-5	Ball
Louise Trasborg, 99	P7	5,72m	8-5	Ball
Rebecca Nielsen, 00	P6	5,32m	8-5	Ball
Signe Petersen, 99	P7	3,03m	8-5	Ball
Helena Matz, 02	P4	3,89m	7-5	Tårnby
Josefine Jacobsem, 02	P4	3,14m	29-8	Tårnby

Hammerkast 4.kg

Belinda Lauesen, 89	P17	30,38m	7-5	Tårnby (1983)
Marianne L Engberg, 65	K40	21,37m	15-7	Ball



Maria L. Jensen, 90	P16	19,50m	17-9	Glostrup
Maria Noppenau, 88	P18	16,50m	21-6	Ball

Mangekamp

7-kamp

Maria L. Jensen, 90	P16	4410p	12/13-8	Bagsværd (1981)
16,91s-1,34m-9,37m-27,88s				
4,52m-39,61m-2.39,16m				

Kastemangekamp 4-kamp

Maria L. Jensen, 90	P16	2497p	17-9	Glostrup (2004)
Ham-kugle-disk-spyd				
19,50-9,42-28,97-40,26				