



Årets bedste indendørs resultater 2009

Kun forår

Dem med * markering betyder at det ikke er løbet på rundbane med hævede sving.

Opdaterer den 12-04-2009

PIGER

50m

Helena Ring, 2002	P7	9,80s	08-02	Hvidovre
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60m

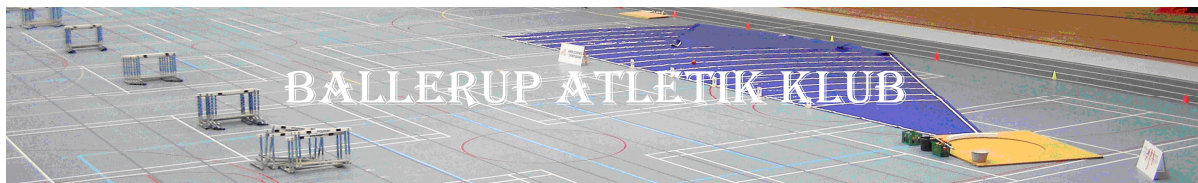
Ida Harlev, 79	K30	8,92s	17.01	Helsingør
Caroline Ranners, 95	P14	9,07s	17.01	Ball
Ann Ipsen, 67	K42	9,32s	15.03	Helsingør
Frederikke H. Mortensen, 98	P11	9,37s	24.01	Ball
Anna Bredahl, 96	P13	9,68s	17.01	Helsingør
Jeanette Rønning, 65	K43	10,34s	22.03	Ball
Laura S Rasmussen, 96	P13	10,35s	24.01	Ball
Cæcilie Rønning, 91	P18	10,57s	22.03	Ball
Anni J Ranners, 67	K42	10,64s	22.03	Ball
Mathilde Rannes, 97	P12	10,78s	24.01	Ball
Caroline Bach, 96	P13	11,52s	22.03	Ball
Sofie B Jensen, 98	P11	11,74s	24.01	Ball
Helena Ring, 2002	P7	12,05s	22.03	Ball
Helena Matz, 2002	P7	13,19s	22.03	Ball
Rebecca Nielsen, 2000	P9	14,43s	22.03	Ball
Amalie Pheiffer, 2001	P8	15,17s	22.03	Ball

200m

Ann Ipsen, 67	K42	*29,19s	22.03	Ball
Frederikke H. Mortensen, 98	P11	*31,65s	24.01	Ball
Caroline Ranners, 95	P14	*34,46s	22.03	Ball
Mathilde Rannes, 97	P12	*37,64s	22.03	Ball
Anni J Ranners, 67	K42	*38,23s	22.03	Ball
Jeanette Rønning, 65	K43	*41,58s	22.03	Ball
Helena Ring, 2002	P7	*41,90s	22.03	Ball
Cæcilie Rønning, 91	P18	*42,92s	22.03	Ball
Helena Matz, 2002	P7	*44,34s	22.03	Ball
Amalie Pheiffer, 2001	P8	*45,58s	22.03	Ball
Rebecca Nielsen, 2000	P9	*50,58s	22.03	Ball

800m

Astrid Wied-Christiansen, 95	P14	*2.54,09m	24.01	Ball
Caroline Bach, 96	P13	*3.32,71m	22.03	Ball
Helena Ring, 2002	P7	*3.50,99m	22.03	Ball
Helena Matz, 2002	P7	*3.54,26m	22.03	Ball



1000m

1500m

3000m

800m Kappgang

Caroline Ranners, 95	P14	5.02,31m	22.03	Ball
Mathilde Rannes, 97	P12	5.29,17m	24.01	Ball
Anna Bredahl, 96	P13	5.31,19m	24.01	Ball
Anni J Ranners, 67	K42	5.32,60m	22.03	Ball
Regina J Larsen, 95	P14	5.37,71m	24.01	Ball
Caroline Bach, 96	P13	5.49,73m	22.03	Ball
Jeanette Rønning, 65	K43	5.54,88m	22.03	Ball
Frederikke H. Mortensen, 98	P11	6.24,89m	24.01	Ball
Amalie Pheiffer, 2001	P8	7.19,05m	22.03	Ball

60m hæk

60m hæk 84,0 cm

Længdespring

Ida Harlev, 79	K30	4,38m	22-02	Helsingør
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Længdespring zone

Astrid Wied-Christiansen, 95	P14	4,23m	24.01	Ball
Ida Harlev, 79	K30	4,18m	17.01	Helsingør
Caroline Ranners, 95	P14	3,97m	24.01	Ball
Regina J Larsen, 95	P14	3,76m	24.01	Ball
Ann Ipsen, 67	K42	3,71m	15.03	Helsingør
Frederikke H. Mortensen, 98	P11	3,48m	22.02	Helsingør
Anna Bredahl, 96	P13	3,40m	22.02	Helsingør
Helena Ring, 2002	P7	2,37m	08-02	Hvidovre
Sofie B Jensen, 98	P11	2,34m	24.01	Ball

Højdespring

Ida Harlev, 79	K30	1,37m	22.02	Helsingør
Astrid Wied-Christiansen, 95	P14	1,35m	24.01	Ball
Caroline Ranners, 95	P14	1,25m	22.03	Ball
Ann Ipsen, 67	K42	1,15m	22.03	Ball
Mathilde Rannes, 97	P12	1,15m	22.03	Ball
Caroline Bach, 96	P13	1,05m	22.03	Ball
Cæcilie Rønning, 91	P18	0,95m	22.03	Ball

Kuglestød

2 kg

Anna Bredahl, 96	P13	7,94m	17.1	Helsingør
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Mathilde Rannes, 97	P12	7,57m	22.03	Ball
Frederikke H. Mortensen, 98	P11	6,81m	22.03	Ball
Caroline Bach, 96	P13	5,31m	22.03	Ball
Amalie Pheiffer, 2001	P8	4,10m	22.03	Ball
Rebecca Nielsen, 2000	P9	3,23m	22.03	Ball
Helena Ring, 2002	P7	2,76m	08.02	Hvidovre
Helena Matz, 2002	P7	2,60m	22.03	Ball

3 kg

Connie Holm, 56	K53	10,35m	15.03	Helsingør
Regina Larsen, 95	P14	7,00m	22.02	Helsingør
Caroline Ranners, 95	P14	6,87m	24.01	Ball

4 kg

Ida Harlev, 79	K30	9,51m	22.02	Helsingør
Jeanette Rønning, 65	K43	6,90m	22.03	Ball
Anni J Ranners, 67	K42	5,05m	22.03	Ball
Cæcilie Rønning, 91	P18	4,94m	22.03	Ball
Ann Ipsen, 67	K42	4,87m	15.03	Helsingør

3-kamp inde

60-længde-kugle

Ida Harlev, 79	K30	1388p	15.03	Helsingør
9,06-4,17-9,39				
Ann Ipsen, 67	K42	1147p	15.03	Helsingør

5-kamp inde (senior hæk 84,0)

60m hæk-højde-kugle-længde-800m