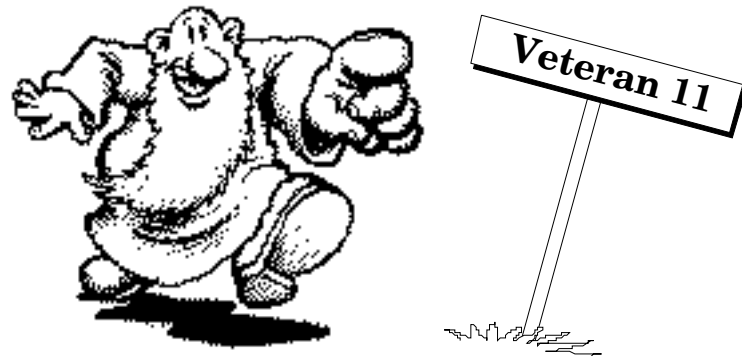


# Statistik 2002



## Atletik

### Damer Gruppe 30

#### 5000 m

Heidi L. Pedersen	Aalborg	10-08	17.29,9
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#### 10 km landevej

Heidi L. Pedersen	Hamburg	01-09	35.41,0
Lene M. Jørgensen	Rudkøbing	22-06	43.45,0

#### 15 km

Heidi L. Pedersen	Ratekau	09-06	56.46,0
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#### 1/2 marathon

Heidi L. Pedersen	Lyngby	05-05	1.19.09,0
Lene M. Jørgensen	Korup	07-04	1.44.07,0

### Damer Gruppe 35

#### 100 m

Gitte Madsen	Haderslev	14-09	15,06
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#### 10 km landevej

Lene Ø. Christensen	Rudkøbing	22-06	1.01.10,0
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**Damer Gruppe 40****10 km landevej**

Birthe Jensen	Svendborg	09-08	50.00,0
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**1/2 marathon**

Helle Nielsen	Lyngby	05-05	1.40.09,0
Anne S. Foged	Lyngby	05-05	1.45.29,0
Bente F. Jensen	Rudkøbing	22-06	2.25.51,0

**Marathon**

Helle Nielsen	København	26-05	3.40.37,0
Anne S. Foged	København	26-05	4.15.04,0

**Kuglestød**

Susanne Jensen	Svendborg	18-07	10,10
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**Spydkast**

Susanne Jensen	Svendborg	18-07	36,04
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**Damer Gruppe 45****10 km landevej**

Amy Rasmussen	Rudkøbing	22-06	1.06.21,0
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**1/2 marathon**

Bente Elsborg	Hillerød	03-11	1.47.03,0
Kirsten Bakkegaard	Lyngby	05-05	2.09.26,0
Lis Wilde	Rudkøbing	22-06	2.18.43,0
Lis Sørensen	Rudkøbing	22-06	2.48.33,0

**Marathon**

Bente Elsborg	Hamburg	21-04	3.54.01,0
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**Damer Gruppe 50****10 km landevej**

Hanne Fransson	Svendborg	09-08	45.40,0
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**1/2 marathon**

Hanne Fransson	Korup	07-04	1.37.52,0
Lone Jacobsen	Lyngby	05-05	2.09.03,0
Else Hollesen	Rudkøbing	22-06	2.27.38,0
Annie Birch	Rudkøbing	22-06	2.48.38,0

**Marathon**

Hanne Fransson	Hamburg	21-04	3.29.47,0
Lone Jacobsen	Hamburg	21-04	4.48.20,0

**Damer Gruppe 55****10 km landevej**

Birthe T. Hansen	Rudkøbing	22-06	46.23,0
Lisbeth Beck	Svendborg	14-05	55.36,6

**1/2 marathon**

Birthe T. Hansen	Hillerød	03-11	1.44.23,0
Marianne Pallisgaard	Lyngby	05-05	1.45.37,0
Nanny Møller	Korup	07-04	2.09.20,0
Jette Dissing	Lyngby	05-05	2.10.40,0
Aase Bülk	Lyngby	05-05	2.25.29,0
Birgit Ejlersen	Rudkøbing	22-06	2.48.45,0

**Marathon**

Birthe T. Hansen	Hamburg	21-04	3.40.29,0
Marian Ulrich	Hamburg	21-04	5.19.13,0

**Herrer Gruppe 30****5000 m**

Erik Kock	Svendborg	04-06	22.05,4
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**10 km landevej**

Erik Kock	Svendborg	09-08	51.20,0
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**Marathon**

Erik Kock	Berlin	29-09	4.40.40,0
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**Herrer Gruppe 35****5000 m**

Jens Pedersen	Haderslev	14-09	16.49,59
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**10 km landevej**

Jens Pedersen	København	14-04	33.46,0
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**15 km**

Jens Pedersen	Aarhus	20-01	54.11,0
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**1/2 marathon**

Jens Pedersen	Lyngby	05-05	1.13.57,0
Benny Kirkegaard	Rudkøbing	22-06	1.42.33,0

**30 km**

Jens Pedersen	Aarhus	17-08	2.01.44,0
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**Marathon**

Jens Pedersen	København	26-05	2.49.58,0
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**Herrer Gruppe 40****10 km landevej**

Flemming Pytlick	Svendborg	14-05	37.56,3
Claus Ø. Christensen	Rudkøbing	22-06	42.51,0
Morten Heitmann	Svendborg	09-08	44.56,0

**1/2 marathon**

Flemming Pytlick	Korup	07-04	1.21.58,0
Claus Ø. Christensen	Odense	08-09	1.31.09,0
Niels Duedahl	Korup	07-04	1.31.50,0
Steen Ascanius	Rudkøbing	22-06	1.42.07,0
Claus Carlsen	Rudkøbing	22-06	1.46.08,0

**Marathon**

Flemming Pytlick	Hamburg	21-04	2.55.24,0
Claus Ø. Christensen	Berlin	29-09	3.14.25,0
Steen Ascanius	Berlin	29-09	3.28.02,0
Claus Carlsen	Odense	13-10	3.34.32,0
Lars Stjernegaard	Rudkøbing	22-06	3.52.52,0

**Herrer Gruppe 45****1500 m**

Per A. Simonsen	Haderslev	14-09	4.28,30
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**5000 m**

Per A. Simonsen	Svendborg	06-06	16.44,8
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**10 km landevej**

Per A. Simonsen	København	14-04	34.18,0
John Madsen	København	14-04	37.30,0
Carsten Andersen	København	14-04	37.39,0
Ole Birch	Svendborg	14-05	44.50,0

**Herrer Gruppe 45****1/2 marathon**

Per A. Simonsen	Lyngby	05-05	1.16.31,0
Carsten Andersen	Lyngby	05-05	1.23.26,0
John Madsen	Lyngby	05-05	1.24.12,0
John Svop	Rudkøbing	22-06	1.29.46,0
Tommy Christensen	Korup	07-04	1.35.32,0
Sabit Muhibic	Lyngby	05-05	1.38.12,0
Ole Birch	Korup	07-04	1.47.23,0

**Marathon**

Per A. Simonsen	Odense	13-10	2.41.29,0
Carsten Andersen	Odense	13-10	2.58.07,0
Sabit Muhibic	Hamburg	21-04	3.51.58,0
Tommy Christensen	København	26-05	3.56.15,0
Ole Birch	Odense	13-10	3.57.50,0

**Herrer Gruppe 50****800 m**

Kurt Jørgensen	Haderslev	14-09	2.22,61
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**1500 m**

Kurt Jørgensen	Haderslev	14-09	4.40,11
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**5000 m**

Kurt Jørgensen	Svendborg	06-06	19.03,3
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**10 km landevej**

Kurt Slabiak	Svendborg	14-05	41.16,0
Henning Rasmussen	Svendborg	14-05	41.45,2
Preben Rasmussen	Rudkøbing	22-06	52.22,0

**Herrer Gruppe 50****1/2 marathon**

Torben Sørensen	Lyngby	05-05	1.29.13,0
Bent Fransson	Korup	07-04	1.29.33,0
Henning Rasmussen	Hillerød	03-11	1.31.17,0
Kurt Slabiak	Korup	07-04	1.32.56,0
Svend Madsen	Odense	08-09	1.33.16,0
Flemming Rasmussen	Hillerød	03-11	1.34.12,0
Alex Petersen	Lyngby	05-05	1.37.40,0
Allan Legaard	Rudkøbing	22-06	1.45.29,0

**Marathon**

Bent Fransson	Hamburg	21-04	3.03.26,0
Henning Rasmussen	Odense	13-10	3.08.39,0
Svend Madsen	Odense	13-10	3.13.47,0
Torben Sørensen	Hamburg	21-04	3.16.38,0
Flemming Rasmussen	Hamburg	21-04	3.23.31,0
Kurt Slabiak	Hamburg	21-04	3.32.35,0

**Højdespring**

Gilbert Jespersen	Haderslev	14-09	1,45
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**Kuglestød**

Finn Olsen	Haderslev	15-09	12,26
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**Spydkast**

Finn Olsen	Haderslev	14-09	41,18
Gilbert Jespersen	Haderslev	14-09	39,15

**Herrer Gruppe 55****100 m**

Ole Thingstrup	Haderslev	14-09	13,80
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**200 m**

Ole Thingstrup	Haderslev	15-09	28,31
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**1/2 marathon**

Erling Hansen	Korup	07-04	1.31.37,0
Keld B. Petersen	Lyngby	05-05	1.31.59,0
Erik Linde	Korup	07-04	1.38.20,0
Bent Sørensen	Rudkøbing	22-06	1.43.22,0
Poul E. Langholm	Lyngby	05-05	1.44.24,0

**Marathon**

Erling Hansen	Odense	13-10	3.14.00,0
Lars Bo Simper	Hillerød	03-11	3.20.33,0
Bent Sørensen	Odense	13-10	3.27.49,0
Erik Linde	Odense	13-10	3.29.40,0

**Herrer Gruppe 60****1/2 marathon**

Ole K. Frederiksen	Korup	07-04	1.44.15,0
Per O. Bülck	Lyngby	05-05	1.57.08,0

**Marathon**

Ole K. Frederiksen	København	26-05	3.51.39,0
Per O. Bülck	Berlin	29-09	4.28.04,0

**Alle tiders bedste****Damer Gruppe 30****400 m**

Susanne Jensen	77,17	1994
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**800 m**

Connie Eriksen	2.35,4	1986
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**1500 m**

Connie Eriksen	5.02,7	1986
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**5000 m**

Heidi L. Pedersen	17.29,9	2002
Connie Eriksen	18.55,2	1986

**10000 m**

Heidi L Pedersen	36.04,60	2001
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**10 km landevej**

Heidi L. Pedersen	35.41,0	2002
Lene M. Jørgensen	43.45,0	2002
Inge Lise Bang	44.36,0	1991
Marianne R. Nielsen	58.12,0	2001

**15 km**

Heidi L. Pedersen	56.46,0	2002
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**20 km**

Connie Eriksen	1.19.26,7	1986
Lene Lauenborg	1.43.56,0	1984

**1/2 marathon**

Heidi L. Pedersen	1.19.09,0	2002
Lene M. Jørgensen	1.30.22,0	2001
Jette Hansen	1.34.31,0	2001
Inge Lise Bang	1.38.54,0	1992

**Marathon**

Heidi L Pedersen	3.05.34,0	2000
Connie Eriksen	3.06.11,0	1986
Lene M. Jørgensen	3.17.58,0	2001
Waltraud Christiansen	3.57.46,0	1988

**Højdespring**

Anne Grethe Skovgård	1,48	1980
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**Kuglestød**

Susanne Jensen	11,73	1994
Anne Grethe Skovgård	9,78	1980
Kirsten Jørgensen	8,71	1987

**Diskoskast**

Susanne Jensen	40,54	1992
Anne Grethe Skovgård	31,54	1980
Kirsten Jørgensen	24,96	1987

**Spydkast**

Susanne Jensen	46,72	1990
Anne Grethe Skovgård	31,96	1980

**Hammerkast**

Susanne Jensen	32,80	1990
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Side 10  
Alle tiders bedste

**Damer Gruppe 30**

<b><u>Vægtkast</u></b>			<b><u>5000 m</u></b>		
Susanne Jensen	10,68	1993	Connie Eriksen	18.04,5	1989
<b><u>Kaste 3-kamp</u></b>			<b><u>10000 m</u></b>		
Susanne Jensen	2265	1992	Connie Eriksen	37.02,0	1987
<b><u>Kaste 4-kamp</u></b>			<b><u>10 km landevej</u></b>		
Susanne Jensen	2775	1994	Connie Eriksen	38.47,0	1990
			Anne S. Foged	46.32,0	1999
			Birthe Jensen	47.36,0	1996
			Birthe T. Hansen	49.07,0	1981
<b><u>Kaste 5-kamp</u></b>			Amy Rasmussen	58.52,90	1991
Susanne Jensen	2600	1993	Lene Ø. Christensen	1.01.10,0	2002

**Damer Gruppe 35**

<b><u>100 m</u></b>			<b><u>15 km</u></b>		
Gitte Madsen	15,06	2002	Connie Eriksen	57.09,0	1988
<b><u>800 m</u></b>			<b><u>20 km</u></b>		
Connie Eriksen	2.29,3	1987	Connie Eriksen	1.15.31,0	1987
			Birthe T. Hansen	1.29.40,0	1984
<b><u>1500 m</u></b>			<b><u>1/2 marathon</u></b>		
Connie Eriksen	4.53,3	1987	Hanne Jensen	1.41.13,0	1991
Birthe T. Hansen	5.40,1	1982	Birthe Jensen	1.45.31,0	1997
			Anne S. Foged	1.45.52,0	1999
			Gitte Jensen	1.49.36,0	1994
			Inge Lise Bang	2.02.18,0	1997
			Lene Müller	2.11.43,0	2001
<b><u>3000 m</u></b>					
Connie Eriksen	10.27,5	1989			
Pia Stamm	15.31,48	1994			

Side 11  
Alle tiders bedste

**Damer Gruppe 35**

<b><u>Marathon</u></b>		
Connie Eriksen	2.55.14,0	1987
Helle Nielsen	3.32.20,0	2001
Anne S. Foged	3.38.20,0	1999
Gitte Jensen	3.50.17,0	1995
Birthe Jensen	4.05.42,0	1995

**Kuglestød**

Susanne Jensen	11,43	1995
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**Diskoskast**

Susanne Jensen	41,40	1995
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**Spydkast**

Susanne Jensen	48,52	1995
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**Hammerkast**

Susanne Jensen	34,62	1996
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**Vægtkast**

Susanne Jensen	11,16	1998
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**Kaste 3-kamp**

Susanne Jensen	2239	1996
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**Kaste 4-kamp**

Susanne Jensen	2873	1996
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**Damer Gruppe 40**

<b><u>800 m</u></b>		
Birthe T. Hansen	2.48,0	1986

**1500 m**

Birthe T. Hansen	5.37,1	1988
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**3000 m**

Anni Johansen	15.10,66	1994
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**5000 m**

Anette Larsson	19.53,9	1989
Birthe T. Hansen	20.40,9	1988

**10 km landevej**

Anette Larsson	40.36,0	1989
Birthe Jensen	43.48,0	1998
Birthe T. Hansen	44.35,0	1986
Bente Elsborg	45.36,0	1998
Lone Jacobsen	53.30,0	1993
Amy Rasmussen	57.21,0	1993
Lise Weber	59.14,0	1998
Birthe Petersen	59.28,0	1991
Kirsten Bakkegaard	1.04.48,0	2001

**20 km**

Birthe T. Hansen	1.28.57,0	1988
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Side 12  
Alle tiders bedste

**Damer Gruppe 40**

1/2 marathon

Jette Christiansen	1.31.04,0	1993
Gitte Jensen	1.40.08,0	1997
Helle Nielsen	1.40.09,0	2002
Anne S. Foged	1.45.29,0	2002
Bente Elsborg	1.48.05,0	1997
Karen Lauridsen	1.54.19,0	1997
Lone Jacobsen	2.00.07,0	1993
Lise Weber	2.00.51,0	1997
Lis Wilde	2.24.35,0	2001
Bente F. Jensen	2.25.51,0	2002
Kirsten Bakkegaard	2.26.35,0	2001

Marathon

Birthe T. Hansen	3.29.02,0	1989
Helle Nielsen	3.40.37,0	2002
Gitte Jensen	3.50.00,0	2000
Bente Elsborg	4.03.08,0	1998
Anne S. Foged	4.15.04,0	2002

Kuglestød

Susanne Jensen	10,67	2001
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Diskoskast

Susanne Jensen	36,23	2001
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Spydkast

Susanne Jensen	41,69	2000
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**Damer Gruppe 45**

3000 m

Birthe T. Hansen	12.04,31	1994
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5000 m

Birthe T. Hansen	20.58,8	1994
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10000 m

Lisbeth Beck	50.16,5	1993
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10 km landevej

Birthe T. Hansen	41.50,0	1991
Hanne Fransson	47.14,0	2001
Lisbeth Beck	49.39,0	1992
Bente Elsborg	51.26,0	2000
Lone Jacobsen	56.42,0	1998
Amy Rasmussen	1.06.21,0	2002

20 km

Birthe T. Hansen	1.26.34,0	1990
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1/2 marathon

Birthe T. Hansen	1.30.11,0	1991
Bente Elsborg	1.45.18,0	2000
Hanne Fransson	1.45.21,0	2001
Lone Jacobsen	2.04.28,0	1997
Kirsten Bakkegaard	2.09.26,0	2002
Lis Wilde	2.18.43,0	2002
Amy Rasmussen	2.33.42,0	2001
Lis Sørensen	2.39.04,0	2001

Marathon

Birthe T. Hansen	3.20.54,0	1991
Hanne Fransson	3.31.10,0	2001
Bente Elsborg	3.47.22,0	1999
Lone Jacobsen	4.51.05,0	1998

Side 13  
Alle tiders bedste

**Damer Gruppe 50**

5000 m

Birthe T. Hansen	20.22,8	1995
Marianne Pallisgaard	23.02,5	1999

10 km landevej

Birthe T. Hansen	41.50,0	1996
Hanne Fransson	45.40,0	2002
Marianne Pallisgaard	46.42,0	1998
Lisbeth Beck	49.20,0	1998
Aase Bülk	1.04.48,1	2001

1/2 marathon

Birthe T. Hansen	1.33.22,0	1996
Hanne Fransson	1.37.52,0	2002
Marianne Pallisgaard	1.44.10,0	1999
Else Hollesen	2.06.12,0	1999
Lone Jacobsen	2.09.03,0	2002
Jette Dissing	2.21.33,0	2001
Birgit Ejlersen	2.38.59,0	2001
Annie Birch	2.48.38,0	2002

Marathon

Birthe T. Hansen	3.25.02,0	1995
Hanne Fransson	3.29.47,0	2002
Marianne Pallisgaard	3.46.15,0	1999
Lone Jacobsen	4.32.16,0	2000

**Damer Gruppe 55**

10 km landevej

Birthe T. Hansen	43.55,0	2000
Ulla Andersen	46.15,0	1998
Lisbeth Beck	55.36,6	2002

1/2 marathon

Birthe T. Hansen	1.36.40,0	2000
Ulla Andersen	1.42.34,0	1997
Marianne Pallisgaard	1.45.37,0	2002
Nanny Møller	2.09.20,0	2002
Jette Dissing	2.10.40,0	2002
Aase Bülk	2.25.29,0	2002
Birgit Ejlersen	2.48.45,0	2002

Marathon

Birthe T. Hansen	3.40.29,0	2002
Ulla Andersen	4.06.31,0	1995
Marian Ulrich	5.19.13,0	2002

**Damer Gruppe 60**

5000 m

Ruth Jensen	28.00,0	1985
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10000 m

Ruth Jensen	55.59,0	1985
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10 km landevej

Ulla Andersen	50.47,0	2000
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Side 14  
**Alle tiders bedste**

**Damer Gruppe 60**

**20 km**

Ruth Jensen 2.11.47,0 1985

**1/2 marathon**

Ulla Andersen 1.59.52,0 2001

**Damer Gruppe 65**

**800 m**

Ruth Jensen 4.07,4 1986

**1500 m**

Ruth Jensen 7.58,7 1987

**5000 m**

Ruth Jensen 26.51,3 1987

**10000 m**

Ruth Jensen 56.51,8 1987

**20 km**

Ruth Jensen 2.07.34,0 1986

Side 15  
**Alle tiders bedste**

**Herrer Gruppe 30**

**100 m**

Kurt Wahl 11,2 1982  
 Preben Larsson 12,2 1985  
 Gilbert Jespersen 12,4 1981  
 Hans Bøgner 12,5 1981  
 Djafar Tamechmecht 12,9 1991  
 Tage Christoffersen 13,5 1984  
 Jens Pedersen 13,6 1995  
 Gert Duus 16,3 1995

**200 m**

Kurt Wahl 23,7 1982  
 Gilbert Jespersen 24,7 1982  
 Preben Larsson 24,9 1985  
 Hans Bøgner 26,5 1982  
 Djafar Tamechmecht 26,7 1993  
 Jens Pedersen 27,4 1996

**400 m**

Jens Pedersen 54,3 1993  
 Gilbert Jespersen 54,4 1982  
 Djafar Tamechmecht 56,6 1991  
 Asger N. Sørensen 57,6 1993  
 Poul Arne Stegø 58,0 1981  
 Per A. Simonsen 61,2 1989  
 Bent L. Sørensen 72,4 1985

**800 m**

Jens Pedersen 1.56,0 1993  
 Gilbert Jespersen 2.02,3 1982  
 Djafar Tamechmecht 2.12,9 1993  
 Torben Sørensen 2.18,2 1986  
 Preben Lauesen 2.43,6 1981

**1000 m**

Jens Pedersen 2.38,1 1994  
 Gilbert Jespersen 2.45,5 1985

**1500 m**

Jens Pedersen 3.58,5 1993  
 Per A. Simonsen 4.12,0 1991  
 Poul Arne Stegø 4.12,7 1981  
 Arne Mogensfeldt 4.17,4 1975  
 Gilbert Jespersen 4.18,8 1984  
 Asger N. Sørensen 4.20,3 1994  
 Djafar Tamechmecht 4.30,7 1993  
 Carsten Andersen 4.38,1 1983  
 Torben Sørensen 4.40,7 1986  
 John Svop 5.02,0 1985  
 Bent L. Sørensen 5.07,5 1985  
 Hans Bøgner 5.13,5 1981  
 Gert Duus 5.39,5 1995  
 Kurt Wahl 5.57,5 1982

**1 mile**

Jens Pedersen 4.25,3 1993  
 Asger N. Sørensen 4.48,5 1994  
 Gilbert Jespersen 4.52,7 1985

**2000 m**

Jens Pedersen 5.37,8 1993  
 Arne Mogensfeldt 5.55,4 1974  
 Asger N. Sørensen 6.08,4 1993  
 Djafar Tamechmecht 6.18,8 1992  
 Per Nielsen 6.36,3 1997

**3000 m**

Jens Pedersen 8.44,87 1993  
 Arne Mogensfeldt 9.06,2 1975  
 Per A. Simonsen 9.48,8 1990  
 Asger N. Sørensen 9.56,9 1994  
 Djafar Tamechmecht 10.12,2 1993  
 Magnus Hamlin 10.13,0 1990  
 Niels Duedahl 10.17,8 1995  
 Per Andersen 10.32,2 1985  
 Poul Arne Stegø 11.48,8 1982



Side 16  
**Alle tiders bedste**

**Herrer Gruppe 30**

**5000 m**

Jens Pedersen	15.11,7	1993
Arne Mogensfeldt	15.37,2	1975
Poul Arne Stegø	15.57,0	1981
Carsten Andersen	16.03,0	1983
Per A. Simonsen	16.21,5	1991
Asger N. Sørensen	16.40,0	1994
Lars Frederiksen	17.09,1	1998
Torben Sørensen	17.30,9	1986
Per Andersen	17.33,1	1986
Lars Toft	17.37,0	1984
Djafar Tamechmecht	17.43,1	1993
John Svop	17.56,5	1987
Magnus Hamlin	18.02,9	1990
Tonni Hansen	18.04,1	1987
Niels Duedahl	18.12,5	1995
Bent Lauridsen	18.13,0	1984
Henning Rasmussen	18.20,0	1984
Preben Lauesen	18.52,3	1983
Erik Kock	22.05,4	2002

**10000 m**

Jens Pedersen	31.29,1	1993
Arne Mogensfeldt	32.48,6	1975
Ole Nielsen	33.55,4	1993
Per A. Simonsen	34.16,0	1990
Asger N. Sørensen	35.54,1	1993
Carsten Andersen	36.12,1	1987
Per Andersen	36.20,4	1986
Torben Sørensen	36.29,5	1986
John Svop	36.39,0	1985
Bent Lauridsen	38.54,0	1984

**10 km landevej**

Jens Pedersen	32.12,0	1995
Per A. Simonsen	32.51,0	1991
Ole Nielsen	33.18,0	1994
Niels Christiansen	34.05,0	1989
Asger N. Sørensen	34.48,0	1996
Lars Frederiksen	35.31,1	1998
Djafar Tamechmecht	36.51,30	1991
Jan Olsen	37.36,0	1990
Lars Toft	37.39,0	1984
Niels Duedahl	37.51,0	1995
Per S. Rasmussen	39.23,0	1992
Erik Kock	51.20,0	2002

**15 km**

Jens Pedersen	49.23,0	1993
Ole Nielsen	52.05,0	1993
Lars Frederiksen	57.23,0	1999

**20 km**

Per A. Simonsen	1.10.50,0	1990
Poul Arne Stegø	1.12.13,0	1981
Torben Sørensen	1.12.32,2	1986
Arne Mogensfeldt	1.13.25,0	1975
Carsten Andersen	1.13.36,0	1987
John Svop	1.15.07,0	1984
Niels Christiansen	1.15.28,0	1989
Jan Olsen	1.17.58,0	1990
Magnus Hamlin	1.18.24,0	1990
Bent Lauridsen	1.23.35,0	1984
Tonni Hansen	1.24.54,0	1987
Henning Rasmussen	1.27.05,0	1984

Side 17  
**Alle tiders bedste**

**Herrer Gruppe 30**

**1/2 marathon**

Jens Pedersen	1.12.26,0	1997
Per A. Simonsen	1.14.59,0	1990
Ole Nielsen	1.16.02,0	1993
Tonny Simonsen	1.19.20,0	1992
Jan Olsen	1.19.27,0	1992
Asger N. Sørensen	1.20.14,0	1992
Djafar Tamechmecht	1.20.44,0	1993
Magnus Hamlin	1.25.16,0	1991
Per S. Rasmussen	1.28.04,0	1992
Erik Rasmussen	1.28.16,0	1990
Morten Heitmann	1.32.25,0	1993
Henrik Hansen	1.44.13,0	1997
Gert Duus	1.54.46,0	1994

**30 km**

John Svop	2.04.42,0	1985
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**Marathon**

Per A. Simonsen	2.37.09,0	1989
John Svop	2.46.10,0	1984
Magnus Hamlin	2.53.37,0	1990
Poul Arne Stegø	2.55.32,0	1981
Jan Olsen	2.55.40,0	1990
Flemming Pytlick	2.58.08,0	1991
Torben Sørensen	2.58.45,0	1986
Niels Christiansen	3.03.30,0	1989
Søren Jensen	3.05.25,0	1998
Per Andersen	3.09.13,0	1985
Per Nielsen	3.26.44,0	1996
Bent Lauridsen	3.38.31,0	1984
Henning Rasmussen	3.57.06,0	1984
Gert Duus	4.04.06,0	1995
Erik Kock	4.40.40,0	2002

**110 m hæk**

Preben Larsson	16,9	1985
Gilbert Jespersen	19,9	1982

**3000 m forh.**

Poul Arne Stegø	10.02,4	1981
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**4 \* 100 m**

Finn Olsen	46,8	1985
Preben Larsson	46,8	1985
Gilbert Jespersen	46,8	1985
Kurt Wahl	46,8	1985

**Længdespring**

Gilbert Jespersen	6,29	1982
Hans Bøgner	6,18	1982
Kurt Wahl	5,73	1982
Jens Pedersen	4,17	1995
Gert Duus	3,64	1995

**Trespring**

Kurt Wahl	12,07	1981
Gilbert Jespersen	11,64	1982

**Højdespring**

Gilbert Jespersen	1,80	1981
Hans Bøgner	1,70	1981
Lars Hansen	1,60	1995

**Stangspring**

Bent L. Sørensen	3,20	1982
Hans Bøgner	2,20	1982

Side 18  
**Alle tiders bedste**

**Herrer Gruppe 30**

**Kuglestød**

Freddie Nielsen	13,10	1981
Finn Olsen	11,18	1985
Preben Larsson	11,07	1985
Poul Rasmussen	10,63	1986
Tage Christoffersen	10,06	1984
Hans Bøgner	9,72	1981
Gilbert Jespersen	9,70	1982
Jens Pedersen	6,95	1995
Gert Duus	6,23	1995
Carsten Andersen	4,71	1985

**Diskoskast**

Tage Christoffersen	36,17	1982
Freddie Nielsen	35,95	1982
Lars Hansen	35,44	1995
Gilbert Jespersen	34,95	1983
Preben Larsson	29,81	1985
Hans Bøgner	28,39	1982
Bent L. Sørensen	27,45	1983
Poul Rasmussen	27,42	1986
Kurt Wahl	24,24	1982

**Spydkast**

Tage Christoffersen	61,09	1980
Preben Larsson	51,12	1985
Finn Olsen	48,39	1982
Gilbert Jespersen	48,23	1983
Hans Bøgner	34,12	1982
Kurt Wahl	32,49	1982

**Hammerkast**

Freddie Nielsen	46,05	1982
Allan Drejer	39,29	1980
Poul Rasmussen	38,75	1986
Gilbert Jespersen	32,15	1983
Tage Christoffersen	26,88	1980
Carsten Andersen	9,30	1985

**5-kamp**

Gilbert Jespersen	2744	1984
Hans Bøgner	2154	1982
Kurt Wahl	1970	1982

**Herrer Gruppe 35**

**100 m**

Kurt Wahl	11,4	1983
Hans Bøgner	12,5	1983
Gilbert Jespersen	12,5	1986
Djafar Tamechmecht	12,7	1994
Jørn-Iver Beck	13,1	1983
Niels J. Rasmussen	13,6	1995
Magnus Hamlin	15,5	1995

**200 m**

Kurt Wahl	23,4	1983
Gilbert Jespersen	25,5	1987
Djafar Tamechmecht	25,5	1994
Jørn-Iver Beck	26,4	1982
Hans Bøgner	26,5	1983
Magnus Hamlin	30,9	1995

**300 m**

Djafar Tamechmecht	40,8	1995
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Side 19  
**Alle tiders bedste**

**Herrer Gruppe 35**

**400 m**

Gilbert Jespersen	54,88	1986
Henning Rasmussen	58,2	1987
Hans Bøgner	58,9	1983
Torben Sørensen	61,1	1987
Djafar Tamechmecht	62,3	1995
Jørn-Iver Beck	65,5	1983
Magnus Hanlin	68,2	1996
Bent Lauridsen	71,2	1987

**800 m**

Gilbert Jespersen	2.02,5	1987
Per A. Simonsen	2.11,0	1993
Svend Skipper	2.12,0	1986
Henning Rasmussen	2.16,8	1986
Mogens Nielsen	2.17,8	1996
Erling Hansen	2.24,6	1982
Abdellatif Elhamouni	2.26,5	1991
Magnus Hamlin	2.33,2	1995

**1000 m**

Gilbert Jespersen	2.42,9	1986
Mogens Nielsen	2.51,3	1995
Abdellatif Elhamouni	2.53,3	1994
Per A. Simonsen	2.53,3	1994
Niels Christiansen	2.57,2	1994
Djafar Tamechmecht	2.59,3	1994
Magnus Hamlin	2.59,4	1995
Carsten Andersen	3.04,2	1990

**1500 m**

Arne Mogensfeldt	4.16,2	1982
Per A. Simonsen	4.18,3	1996
Gilbert Jespersen	4.20,5	1987
Gunnar Jespersen	4.22,8	1999
Djafar Tamechmecht	4.26,8	1994
Svend Skipper	4.27,5	1986
Mogens Nielsen	4.30,3	1995
Abdellatif Elhamouni	4.30,6	1991
Niels Christiansen	4.31,3	1994
Jens Pedersen	4.33,3	1999
Henning Rasmussen	4.38,6	1986
Bent Lauridsen	4.45,2	1985
Erling Hansen	4.55,0	1983
Hans Bøgner	5.07,9	1983
Bent L. Sørensen	5.11,1	1986
Niels J. Rasmussen	5.25,2	1995
Magnus Hamlin	5.25,4	1996
Jørn-Iver Beck	5.33,2	1983

**1 mile**

Gilbert Jespersen	4.43,1	1987
Djafar Tamechmecht	4.54,2	1994
Mogens Nielsen	4.55,9	1995
Magnus Hamlin	5.14,0	1995
Abdellatif Elhamouni	5.18,9	1994

**2000 m**

Per A. Simonsen	6.00,3	1994
Mogens Nielsen	6.06,6	1995
Niels Christiansen	6.13,4	1994
Abdellatif Elhamouni	6.22,1	1993
Djafar Tamechmecht	6.33,9	1995
Magnus Hamlin	6.36,6	1995

Side 20  
**Alle tiders bedste**

**Herrer Gruppe 35**

**3000 m**

Arne Mogensfeldt	8.40,7	1978
Jens Pedersen	9.10,0	1999
Niels Christiansen	9.27,6	1994
Per A. Simonsen	9.33,4	1996
Djafar Tamechmecht	9.45,6	1994
Carsten Andersen	9.56,2	1989
Abdellatif Elhamouni	9.57,5	1991
Bent Lauridsen	10.03,0	1985
Bent Plith	10.06,1	1988
Magnus Hamlin	10.06,2	1995
Erling Hansen	10.58,0	1983

**5000 m**

Arne Mogensfeldt	14.53,6	1978
Per A. Simonsen	15.50,8	1992
Jens Pedersen	15.53,0	1998
Niels Christiansen	16.12,9	1994
Svend Skipper	16.15,4	1987
Mogens Nielsen	16.30,2	1995
Torben Sørensen	16.33,4	1989
Djafar Tamechmecht	16.44,0	1994
Carsten Andersen	16.47,1	1990
Abdellatif Elhamouni	17.00,6	1991
Magnus Hamlin	17.34,8	1995
Henning Rasmussen	17.37,2	1986
Erling Hansen	17.41,0	1983
Bent Lauridsen	17.46,7	1988
Jørn Nielsen	18.34,4	1986
Preben Rasmussen	19.07,0	1987
Hans Bøgner	20.17,0	1983
Jørn-Iver Beck	21.35,0	1983

**10000 m**

Arne Mogensfeldt	30.51,0	1978
Jens Pedersen	32.40,0	1998
Per A. Simonsen	33.24,6	1996
Niels Christiansen	33.34,90	1994
Svend Skipper	34.00,0	1987
Carsten Andersen	34.36,0	1990
Mogens Nielsen	34.44,5	1995
Torben Sørensen	36.00,2	1987
Abdellatif Elhamouni	36.33,8	1993
Henning Rasmussen	36.57,0	1985
Magnus Hamlin	37.04,20	1994
Erling Hansen	37.19,8	1982
Keld B. Petersen	39.15,0	1984

**10 km landevej**

Arne Mogensfeldt	31.44,7	1978
Per A. Simonsen	32.15,0	1995
Jens Pedersen	32.32,0	1998
Niels Christiansen	33.44,0	1994
Djafar Tamechmecht	34.42,0	1994
Carsten Andersen	35.01,0	1990
Leif Nielsen	35.06,0	1992
Svend Skipper	35.09,0	1986
Mogens Nielsen	35.22,0	1994
Abdellatif Elhamouni	35.24,0	1991
John Svop	36.29,0	1990
Henning Rasmussen	37.17,0	1986
Bernt Engstrøm	37.20,0	1994
Jørn Nielsen	37.31,0	1986
Magnus Hamlin	37.53,0	1994
Kamel Tamechmecht	37.58,0	1991
Niels Duedahl	38.16,0	1996
Tonni Hansen	38.45,0	1994
Ole Rasmussen	40.02,0	1990
Tommy Christensen	42.13,00	1991
Niels Duedahl	42.53,0	2000
Søren Steffen	43.58,0	1999
Henrik Hansen	44.31,0	2001
Henning Jensen	44.37,20	1991
Jens Hansen	44.53,0	1999

Side 21  
**Alle tiders bedste**

**Herrer Gruppe 35**

**15 km**

Arne Mogensfeldt	47.56,4	1978
Jens Pedersen	50.41,0	1998
Carsten Andersen	52.32,0	1991
Niels Christiansen	52.56,0	1991
Mogens Nielsen	56.56,0	1995

**20 km**

Arne Mogensfeldt	1.03.30,0	1979
Carsten Andersen	1.09.27,0	1989
Svend Skipper	1.10.51,9	1986
Niels Christiansen	1.11.42,0	1990
Torben Sørensen	1.12.08,0	1989
Jørn Nielsen	1.14.16,6	1986
John Svop	1.14.42,0	1988
Henning Rasmussen	1.14.50,6	1986
Erling Hansen	1.16.49,0	1981
Bent Lauridsen	1.20.40,0	1986
Keld B. Petersen	1.21.16,0	1984
Preben Rasmussen	1.25.08,0	1987
Ole Rasmussen	1.25.50,0	1990
Tommy Christensen	1.31.54,0	1990

**1/2 marathon**

Arne Mogensfeldt	1.07.12,0	1979
Per A. Simonsen	1.12.30,0	1992
Torben Sørensen	1.12.35,0	1991
Jens Pedersen	1.13.57,0	2002
Carsten Andersen	1.15.42,0	1990
Niels Christiansen	1.16.30,0	1992
Mogens Nielsen	1.17.27,0	1995
Abdellatif Elhamouni	1.18.43,0	1992
John Svop	1.19.06,0	1991
Leif Nielsen	1.19.57,0	1992
Bernt Egnstrøm	1.20.29,0	1994
Magnus Hamlin	1.23.54,0	1995
Niels Duedahl	1.29.23,0	1997
Tommy Christensen	1.31.57,0	1991
Henrik Hansen	1.35.39,0	2001
Ole Rasmussen	1.36.34,0	1993
Henning Jensen	1.38.27,0	1993
Benny Kirkegaard	1.42.33,0	2002
Claus Ø. Christensen	1.42.39,0	1998
Per S. Rasmussen	1.44.53,0	1997

**30 km**

Arne Mogensfeldt	1.36.24,8	1978
Erling Hansen	1.58.11,0	1982
Torben Sørensen	2.00.00,0	1988
John Svop	2.00.28,0	1988
Jens Pedersen	2.01.44,0	2002
Henning Rasmussen	2.22.36,0	1985

Side 22  
**Alle tiders bedste**

**Herrer Gruppe 35**

**Marathon**

Arne Mogensfeldt	2.16.13,7	1978
Torben Sørensen	2.35.11,0	1991
Carsten Andersen	2.35.39,0	1989
Per A. Simonsen	2.36.37,0	1992
Svend Skipper	2.39.15,0	1987
Jørn Nielsen	2.44.57,0	1986
Jens Pedersen	2.45.29,0	1998
John Svop	2.46.20,0	1989
Erling Hansen	2.47.47,0	1981
Mogens Nielsen	2.51.11,0	1995
Henning Rasmussen	2.57.10,0	1989
Flemming Pytlick	3.06.16,0	1995
Søren Jenen	3.07.10,0	2000
Bent Lauridsen	3.09.25,0	1985
Jan Olsen	3.10.38,0	1999
Keld B. Petersen	3.14.20,0	1984
Jens Hansen	3.15.50,0	2001
Mogens Clausen	3.18.57,0	1988
Niels Duedahl	3.20.47,0	1997
Claus Ø. Christensen	3.20.52,0	1999
Preben Rasmussen	3.25.58,0	1989
Ole Rasmussen	3.26.01,0	1990
Sabit Muhibic	3.35.02,0	1995
Henrik Hansen	3.35.17,0	2001
Steen Foged	3.37.44,0	1999
Tommy Christensen	3.46.11,0	1990

**100 km**

Arne Mogensfeldt	7.33.12,0	1982
Magnus Hamlin	9.51.28,0	1992

**110 m hækk**

Kurt Wahl	18,5	1983
Jørn-Iver Beck	20,3	1983
Hans Bøgner	21,1	1983

**4 \* 400 m**

Svend Skipper	3.51,53	1986
Henning Rasmussen	3.51,53	1986
Bent Lauridsen	3.51,53	1986
Gilbert Jespersen	3.51,53	1986

**Længdespring**

Hans Bøgner	6,05	1983
Jørn-Iver Beck	6,02	1981
Gilbert Jespersen	5,69	1988
Kurt Wahl	5,68	1984
Niels J. Rasmussen	4,57	1995

**Trespring**

Jørn-Iver Beck	13,08	1981
Hans Bøgner	11,19	1983

**Højdespring**

Gilbert Jespersen	1,75	1987
Hans Bøgner	1,60	1983
Jørn-Iver Beck	1,55	1983

**Stangspring**

Jørn-Iver Beck	3,00	1981
Hans Bøgner	2,60	1983
Bent L. Sørensen	2,20	1986

**Kuglestød**

Freddie Nielsen	13,66	1983
Finn Olsen	11,44	1991
Hans Bøgner	9,59	1983
Jørn-Iver Beck	9,33	1983
Gilbert Jespersen	8,98	1990
Niels J. Rasmussen	7,76	1995
Magnus Hamlin	7,12	1996
Erling Hansen	6,52	1983

Side 23  
**Alle tiders bedste**

**Herrer Gruppe 35**

**Diskoskast**

Freddie Nielsen	36,74	1985
Gilbert Jespersen	33,96	1990
Tage Christoffersen	33,60	1989
Jørn-Iver Beck	27,09	1983
Hans Bøgner	26,14	1983
Kurt Wahl	22,65	1985

**Spydkast**

Gilbert Jespersen	46,73	1986
Hans Bøgner	33,97	1983
Jørn-Iver Beck	30,71	1982

**Hammerkast**

Freddie Nielsen	47,94	1983
Gilbert Jespersen	35,20	1988
Jørn-Iver Beck	18,20	1983
Hans Bøgner	17,99	1983

**5-kamp**

Gilbert Jespersen	2825	1987
Hans Bøgner	2122	1983
Jørn-Iver Beck	1874	1982

**Herrer Gruppe 40**

**100 m**

Gilbert Jespersen	13,4	1995
Niels Christiansen	14,1	1996

**200 m**

Gilbert Jespersen	28,6	1993
Niels Christiansen	28,6	1996

**400 m**

Gilbert Jespersen	57,2	1992
Niels Christiansen	60,8	1996

**800 m**

Per A. Simonsen	2.09,17	1997
Svend Skipper	2.09,8	1989
Gilbert Jespersen	2.10,5	1992
Niels Christiansen	2.16,4	1995
Erling Hansen	2.29,4	1986
Keld B. Petersen	2.34,4	1986
Poul E. Pedersen	2.37,0	1996

**1000 m**

Niels Christiansen	2.53,0	1996
Abdellatif Elhamouni	2.53,1	1995
Gilbert Jespersen	2.55,7	1994

**1500 m**

Arne Mogensfeldt	4.20,1	1986
Per A. Simonsen	4.25,24	1997
Niels Christiansen	4.27,5	1996
Gilbert Jespersen	4.33,4	1992
Abdellatif Elhamouni	4.37,6	1995
Erling Hansen	4.58,8	1988
John Hvidtfeldt	5.02,2	1986
Keld B. Petersen	5.07,2	1986

Side 24  
**Alle tiders bedste**

**Herrer Gruppe 40**

<u>1 mile</u>			<u>10000 m</u>		
Niels Christiansen	4.54,7	1996	Niels Christiansen	33.20,0	1996
Abdellatif Elhamouni	5.00,3	1995	Arne Mogensfeldt	33.53,0	1984
Gilbert Jespersen	5.08,1	1994	Per A. Simonsen	34.18,9	1997
			Torben Sørensen	34.38,1	1995
			John Hvidtfeldt	36.31,2	1986
			Erling Hansen	37.22,0	1985
			Keld B. Petersen	37.42,1	1986
			Erling Larsson	38.56,4	1989
			Jørn-Iver Beck	41.00,9	1989
<u>2000 m</u>			<u>10 km landevej</u>		
Niels Christiansen	6.10,4	1996	Arne Mogensfeldt	32.06,0	1983
			Niels Christiansen	33.36,0	1995
			Per A. Simonsen	34.51,0	1997
			Torben Sørensen	35.06,0	1996
			John Svop	36.13,0	1994
			Jan Olsen	36.19,0	2000
			Abdellatif Elhamouni	36.48,0	1995
			Keld B. Petersen	37.41,0	1986
			Erling Hansen	37.46,0	1986
			Flemming Pytlick	37.56,3	2002
			Mogens Clausen	39.11,60	1991
			Erik Linde	39.16,10	1991
			Alex Petersen	39.27,0	1991
			Bent Lauridsen	40.59,0	1990
			Claus Ø. Christensen	42.51,0	2002
			Preben Rasmussen	43.34,00	1991
			Tommy Christensen	43.57,0	1996
			Morten Heitmann	44.56,0	2002
			Gert Andreasen	47.17,0	1998
<u>3000 m</u>			<u>15 km</u>		
Niels Christiansen	9.25,3	1995	Per A. Simonsen	51.31,0	1997
Torben Sørensen	9.26,4	1995	Niels Christiansen	52.59,0	1995
Gunnar Jespersen	9.49,6	2001			
Abdellatif Elhamouni	10.01,1	1995			
Poul E. Pedersen	11.34,7	1996			
<u>5000 m</u>					
Arne Mogensfeldt	15.29,1	1983			
Niels Christiansen	16.02,2	1996			
Svend Skipper	16.09,8	1988			
Per A. Simonsen	16.31,04	1997			
Torben Sørensen	16.31,5	1995			
Gunnar Jespersen	16.37,5	2001			
John Hvidtfeldt	17.38,6	1988			
Erling Hansen	17.40,7	1984			
Keld B. Petersen	17.47,5	1988			
Mogens Clausen	18.34,1	1991			
Bernt Engstrøm	18.56,7	1995			
Poul E. Pedersen	19.43,2	1996			
Lars Toft	20.46,8	1995			

Side 25  
**Alle tiders bedste**

**Herrer Gruppe 40**

<u>20 km</u>			<u>Marathon</u>		
Arne Mogensfeldt	1.05.17,1	1983	Arne Mogensfeldt	2.22.19,0	1983
Svend Skipper	1.10.01,0	1988	Torben Sørensen	2.32.54,0	1992
John Hvidtfeldt	1.14.37,3	1986	John Svop	2.50.08,0	1993
Erling Hansen	1.15.26,9	1986	Erling Hansen	2.50.35,0	1986
Keld B. Petersen	1.16.40,4	1986	John Hvidtfeldt	2.54.35,0	1988
Erik Linde	1.21.30,0	1990	Flemming Pytlick	2.54.50,0	2001
Erling Larsson	1.21.43,0	1989	Bernt Engstrøm	2.58.38,0	1997
Alex Petersen	1.28.16,0	1990	Jørn Nielsen	2.58.42,0	1992
Jørn-Iver Beck	1.29.18,0	1989	Keld B. Petersen	3.01.02,0	1989
			Erling Larsson	3.12.59,0	1989
			Bent Haumann	3.13.31,0	1996
			Claus Ø. Christensen	3.14.25,0	2002
			Erik Linde	3.14.29,0	1989
			Henning Rasmussen	3.14.34,0	1992
			John Madsen	3.20.13,0	2001
			Alex Petersen	3.22.36,0	1988
			Kurt Slabiak	3.23.17,0	1995
			Allan Legaard	3.25.39,0	1995
			Steen Ascanius	3.28.02,0	2002
			Jørn-Iver Beck	3.28.30,0	1989
			Henning Jensen	3.32.01,0	1995
			Claus Carlsen	3.34.32,0	2002
			Tommy Christensen	3.36.21,0	1995
			Sabit Muhibic	3.38.29,0	1997
			Bent Lauridsen	3.47.42,0	1994
			Lars Stjernegaard	3.52.52,0	2002
<u>1/2 marathon</u>			<u>100 km</u>		
Per A. Simonsen	1.14.05,0	1997	Torben Sørensen	7.54.13,0	1992
Torben Sørensen	1.14.42,0	1992			
Niels Christiansen	1.16.38,0	1995			
John Svop	1.19.22,0	1993			
Flemming Pytlick	1.21.16,0	2001			
Jørn Nielsen	1.23.31,0	1993			
Alex Petersen	1.25.46,0	1992			
Erik Linde	1.26.12,0	1991			
Mogens Clausen	1.26.47,0	1993			
Claus Ø. Christensen	1.29.04,0	2001			
Allan Legaard	1.29.49,0	1994			
Kurt Slabiak	1.31.16,0	1995			
Niels Duedahl	1.31.50,0	2002			
Bent Haumann	1.32.03,0	1996			
Tommy Christensen	1.33.32,0	1995			
Bent Lauridsen	1.33.53,0	1993			
Henning Jensen	1.34.49,0	1994			
Sabit Muhibic	1.35.11,0	1997			
Iver Midtiby	1.36.05,0	1996			
Gert Andreasen	1.37.11,0	1998			
Steen Ascanius	1.39.23,0	2001			
Preben Rasmussen	1.42.08,0	1993			
Allan Roed	1.42.47,0	2000			
Bernt Engstrøm	1.46.06,0	1999			
Claus Carlsen	1.46.08,0	2002			
Jan Jensen	1.50.36,0	1997			
<u>30 km</u>			<u>Længdespring</u>		
Erling Hansen	2.01.38,0	1985	Gilbert Jespersen	5,21	1993
Keld B. Petersen	2.08.23,0	1985			
<u>30 km</u>			<u>Trespring</u>		
Erling Hansen	2.01.38,0	1985	Jørn-Iver Beck	12,40	1986
Keld B. Petersen	2.08.23,0	1985			

Side 26  
Alle tiders bedste

**Herrer Gruppe 40**

**Højdespring**

Gilbert Jespersen 1,60 1991

**Kuglestød**

Freddie Nielsen 13,14 1988  
Gilbert Jespersen 9,00 1995  
Niels Christiansen 6,68 1996

**Diskoskast**

Freddie Nielsen 37,28 1988  
Gilbert Jespersen 32,20 1991  
Niels Christiansen 14,12 1996

**Spydkast**

Gilbert Jespersen 42,40 1994

**Hammerkast**

Freddie Nielsen 44,14 1991  
Gilbert Jespersen 31,76 1991

**5-kamp**

Gilbert Jespersen 2115 1993

**Herrer Gruppe 45**

**100 m**

Ole Thingstrup 12,4 1992

**200 m**

Ole Thingstrup 26,18 1993

**400 m**

Kurt Jørgensen 68,1 1997

**800 m**

Kurt Jørgensen 2.15,07 1997  
Poul E. Pedersen 2.37,4 1997

**1000 m**

Kurt Jørgensen 2.53,9 1997

**1500 m**

Per A. Simonsen 4.28,30 2002  
Kurt Jørgensen 4.29,72 1997  
Carsten Andersen 5.12,1 1999

**1 mile**

Kurt Jørgensen 4.54,3 1996

**2000 m**

Kurt Jørgensen 6.21,8 1997  
Poul E. Pedersen 7.26,0 1997

Side 27  
Alle tiders bedste

**Herrer Gruppe 45**

**3000 m**

Kurt Jørgensen 10.23,3 1996  
Carsten Andersen 10.58,6 1999  
Poul E. Pedersen 11.25,4 1998

**5000 m**

Per A. Simonsen 16.44,8 2002  
Kurt Jørgensen 17.09,1 1996  
Erling Larsson 17.57,8 1993  
Erling Hansen 18.00,8 1989  
Carsten Andersen 18.57,2 2001  
Poul E. Pedersen 19.45,03 1998

**10000 m**

Kurt Jørgensen 36.22,6 1996  
Torben Sørensen 38.12,6 1997  
Svend Madsen 38.13,1 1996  
Erling Hansen 38.34,1 1989  
Allan Legaard 41.42,7 1997

**10 km landevej**

Per A. Simonsen 34.18,0 2002  
Kurt Jørgensen 36.37,0 1996  
Erling Larsson 36.44,0 1990  
Keld B. Petersen 36.58,0 1990  
John Madsen 37.30,0 2002  
John Hvidtfeldt 37.37,0 1990  
Carsten Andersen 37.39,0 2002  
Erik Linde 37.57,0 1992  
Erling Hansen 38.05,0 1992  
Berni Engstrøm 39.42,0 2000  
Alex Petersen 40.28,0 1993  
Poul E. Pedersen 40.32,0 1998  
John Svop 40.56,0 2001  
Eric Schmidt 43.37,0 1997  
Ole Birch 43.44,0 2000  
Flemming Rasmussen 45.55,0 1996  
Jørn-Iver Beck 46.36,6 1994

**20 km**

Keld B. Petersen 1.17.36,0 1990  
John Hvidtfeldt 1.17.46,0 1990  
Erling Hansen 1.18.05,0 1990  
Andreas Lisbjerg 1.34.33,0 1990

**1/2 marathon**

Per A. Simonsen 1.16.31,0 2002  
Erling Larsson 1.21.07,0 1991  
John Hvidtfeldt 1.21.43,0 1991  
Keld B. Petersen 1.22.35,0 1993  
Carsten Andersen 1.22.39,0 2000  
Erling Hansen 1.22.58,0 1991  
Erik Linde 1.23.59,0 1993  
John Madsen 1.24.12,0 2002  
Lars Bo Simper 1.25.24,0 1995  
Alex Petersen 1.25.57,0 1993  
John Svop 1.26.13,0 2000  
Svend Madsen 1.29.39,0 1997  
Allan Legaard 1.30.39,0 2000  
Preben Lauesen 1.34.47,0 1997  
Jørn Nielsen 1.34.52,0 1996  
Andreas Lisbjerg 1.35.14,0 1990  
Tommy Christensen 1.35.32,0 2002  
Kurt Slabiac 1.35.49,0 1997  
Flemming Rasmussen 1.37.05,0 1999  
Sabit Muhibic 1.38.12,0 2002  
Eric Schmidt 1.42.31,0 1997  
Per K. Hansen 1.42.38,0 2001  
Torben Sørensen 1.43.58,0 2001  
Ole Birch 1.44.03,0 2001  
Søren Offersen 1.46.38,0 1997  
Preben Rasmussen 2.01.31,0 1998

Side 28  
**Alle tiders bedste**

**Herrer Gruppe 45**

**Marathon**

Per A. Simonsen	2.41.29,0	2002
Carsten Andersen	2.56.17,0	2001
Lars Bo Simper	2.57.26,0	1995
John Hvidtfeldt	2.58.14,0	1990
Erling Hansen	2.58.48,0	1990
Torben Sørensen	3.00.35,0	1997
Erling Larsson	3.02.57,0	1990
Keld B. Petersen	3.03.06,0	1991
Erik Linde	3.03.57,0	1993
Svend Madsen	3.04.59,0	1997
Alex Petersen	3.17.22,0	1993
Flemming Rasmussen	3.18.37,0	2000
Allan Legaard	3.21.40,0	1997
Kurt Slabiac	3.25.18,0	2001
David Rundell	3.25.22,0	1987
Tommy Christensen	3.39.28,0	2001
Ole Birch	3.51.25,0	2001
Sabit Muhibic	3.51.58,0	2002
Per Krone	3.56.37,0	2001
Andreas Lisbjerg	4.33.58,0	1990
Preben Rasmussen	4.44.46,0	1998

**100 km**

Erling Hansen	9.20.23,0	1993
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**Højdespring**

Gilbert Jespersen	1,50	1996
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**Kuglestød**

Herman Ahring	11,25	1975
Gilbert Jespersen	8,63	1997
Kurt Jørgensen	8,00	1996

**Diskoskast**

Herman Ahring	35,01	1975
Gilbert Jespersen	26,98	1997

**Spydkast**

Gilbert Jespersen	42,40	1996
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**Hammerkast**

Herman Ahring	39,71	1975
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**Vægtkast**

Herman Ahring	11,67	1975
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**Kaste 3-kamp**

Herman Ahring	1764	1975
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Side 29  
**Alle tiders bedste**

**Herrer Gruppe 50**

**100 m**

Ole Thingstrup	12,64	1997
Jørn-Iver Beck	13,9	1996

**200 m**

Ole Thingstrup	26,59	1998
Jørn-Iver Beck	30,8	1996

**400 m**

Kurt Jørgensen	63,3	1999
Jørn-Iver Beck	65,8	1996

**800 m**

Kurt Jørgensen	2.16,6	1998
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**1000 m**

Kurt Jørgensen	3.06,2	2000
Jørn-Iver Beck	3.45,7	1996

**1500 m**

Kurt Jørgensen	4.38,3	1999
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**1 mile**

Kurt Jørgensen	4.59,7	1998
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**2000 m**

Kurt Jørgensen	6.30,3	1998
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**3000 m**

Kurt Jørgensen	10.06,55	1998
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**5000 m**

Kurt Jørgensen	17.28,7	1998
Erling Hansen	18.58,4	1995
Erik Linde	20.08,3	1998

**10000 m**

Kurt Jørgensen	37.04,32	1998
Erling Larsson	38.47,6	1995

**10 km landevej**

Kurt Jørgensen	37.18,0	1998
John Hvidtfeldt	38.06,0	1994
Erling Larsson	39.25,0	1996
Erling Hansen	39.31,0	1995
Henning Rasmussen	39.57,0	2000
Keld B. Petersen	40.18,0	1999
Kurt Slabiac	41.16,0	2002
Lars Bo Simper	41.24,0	2000
Alex Petersen	41.55,0	1998
Erik Linde	45.26,0	1998
Preben Rasmussen	52.22,0	2002

**1/2 marathon**

Lars Bo Simper	1.21.14,0	1997
John Hvidtfeldt	1.22.46,0	1995
Erling Larsson	1.25.14,0	1996
Keld B. Petersen	1.25.40,0	1997
Erling Hansen	1.25.41,0	1997
Torben Sørensen	1.29.13,0	2002
Bent Fransson	1.29.33,0	2002
Erik Linde	1.31.01,0	1998
Henning Rasmussen	1.31.17,0	2002
Kurt Slabiac	1.32.56,0	2002
Svend Madsen	1.33.16,0	2002
Flemming Rasmussen	1.34.12,0	2002
Allan Legaard	1.36.16,0	2001
Alex Petersen	1.37.00,0	1999
Bent Lauridsen	1.47.19,0	2000

Side 30  
**Alle tiders bedste**

**Herrer Gruppe 50**

**Marathon**

John Hvidtfeldt	2.54.41,0	1995
Erling Hansen	2.57.58,0	1997
Keld B. Petersen	3.01.06,0	1997
Bent Fransson	3.03.26,0	2002
Erling Larsson	3.03.39,0	1996
Lars Bo Simper	3.06.30,0	1997
Henning Rasmussen	3.08.39,0	2002
Svend Madsen	3.13.47,0	2002
Torben Sørensen	3.16.38,0	2002
Flemming Rasmussen	3.23.31,0	2002
Erik Linde	3.27.28,0	2000
Kurt Slabiak	3.32.35,0	2002

**100 km**

Erling Hansen	9.51.34,0	1994
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**Højdespring**

Gilbert Jespersen	1,50	2001
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**Kuglestød**

Finn Olsen	12,26	2002
Jørn-Iver Beck	8,67	1996

**Diskoskast**

Jørn-Iver Beck	23,38	1996
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**Spydkast**

Finn Olsen	41,18	2002
Gilbert Jespersen	39,15	2002

**Herrer Gruppe 55**

**100 m**

Ole Thingstrup	13,80	2002
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**200 m**

Ole Thingstrup	28,31	2002
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**5000 m**

Erling Hansen	20.03,3	2001
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**10 km landevej**

Erling Hansen	44.41,0	1999
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**1/2 marathon**

Keld B. Petersen	1.27.53,0	2000
Erling Hansen	1.31.37,0	2002
Erik Linde	1.38.20,0	2002
Bent Sørensen	1.43.07,0	2001
Poul E. Langholm	1.44.24,0	2002

**Marathon**

Erling Hansen	3.08.06,0	2001
Keld B. Petersen	3.25.27,0	2001
Bent Sørensen	3.25.56,0	2001
Erik Linde	3.29.40,0	2002

Side 31  
**Alle tiders bedste**

**Herrer Gruppe 60**

**1/2 marathon**

Ole K. Frederiksen	1.44.15,0	2002
Per O. Bülck	1.57.08,0	2002

**Marathon**

Ole K. Frederiksen	3.47.50,0	2000
Per O. Bülck	4.28.04,0	2002

**Herrer Gruppe 65**

**5000 m**

Helge Dam	24.54,7	1989
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**Herrer Gruppe 70**

**10 km landevej**

Helge Dam	51.51,0	1991
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