# DM-inde siden 2008 (kvinder)

60 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 7,58 Mathilde U Kramer (AAIG) | 7,66 Mette Graversgaard (1900) | 7,72 Louise Østergaard (Rdrs FREJA) |
| 2015 | 7,73 Frida Sångren (1900) | 7,73 Camilla Motzkus (OA/OGF) | 7,78 Mathilde U. Kramer (AAIG) |
| 2014 | 7,62 Mathilde U. Kramer (AAIG)\* | 7,69 Martha Traoré (Sparta) | 7,80 Annelouise V. Jensen (1900) |
| 2013 | 7,70 Anna B. Olsson (Sparta) | 7,72 Annelouise V. Jensen (1900) | 7,88 Martha Traoré (Sparta) |
| 2012 | 7,80 Anneloiuise V. Jensen (1900) | 7,85 Mathilde U. Kramer (AAIG) | 7,96 Louise Østergaard (Rdrs.Freja) |
| 2011 | 7,67 Anna B. Olsson (Sparta) | 7,71 Rugiatu Kallon (KIF) | 7,86 Mathilde U. Kramer (AAIG) |
| 2010 | 7,70 Anna B. Olsson (Sparta) | 7,72 Rugiatu Kallon (KIF) | 7,96 Anne Møller (AAIG) |
| 2009 | 7,68 Anna B. Olsson (Sparta) | 7,88 Maria Severin (KIF) | 8,37 Ida Regitze Krag (FIF) |
| 2008 | 7,72 Anna B. Olsson (Sparta) | 7,77 Anne Møller (AAIG) | 7,79 Maria Severin (KIF) |

Arena-rekord: 7,53s – Erica Jarder SWE-Sparta 2012

200 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | DR 23.87 Sara Slott Petersen (1900 | 24.60 Mette Graversgaard (1900) | 25.01 Anne Sofie Kirkegaard (Sparta) |
| 2015 | 25,13 Anne Sofie Kirkegaard (Sparta) | 25,41 Anna Thestrup (1900) | 25,41 Mette Graversgaard (1900) |
| 2014 | 25,25 Martha Traoré (Sparta) | 25,40 Mathilde U. Kramer (AAIG) | 25,67 Anna Thestrup Andersen (1900) |
| 2013 | 25,62 Sara Slott Petersen (1900) | 26,08 Anna Thestrup (1900) | 26,15 Anne Sofie Kirkegaard (Sparta) |
| 2012 | 24,41 Sara Slott Petersen (1900) | 26,00 Kathrine Mikkelsen (AAM) | 26,89 Nikoline Skift. Andersen (DELTA) |
| 2011 | 25,03 Anna B. Olsson (Sparta) | 25,91 Rugiatu Kallon (KIF) | 26,18 Kathrine Mikkelsen (Aalb. AM) |
| 2010 | 24,96 Anna B. Olsson (Sparta) | 26,00 Kathrine Mikkelsen (AAM) | 26,53 Annelouise V. Jensen (SAK77) |
| 2009 | 24,75 Sara Slott Petersen (1900) | 25,31 Anna B. Olsson (Sparta) | 27,43 Ida Regitze Krag (FIF) |
| 2008 | 24,76 Julie Scherer (Sparta) | 25,43 Kathrine Mikkelsen (AAM) | 25,43 Anna B. Olsson (Sparta) |

400 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 53.85 Sara Slott Petersen (1900) | 55,58 Anne S. Kirkegaard (Sparta | 58.37 Nathalie Richter (AAM) |
| 2015 | 56,11 Anne Sofie Kirkegaard (Sparta) | 56,70 Anna Thestrup (1900) | 57,76 Joseffa Keidser (1900) |
| 2014 | 54,67 Stina Troest (Amager AC) | 55,90 Anne S. Kirkegaard (Sparta) | 57,86 Anna Thestrup (1900) |
| 2013 | 57,82 Anne Sofie Kirkegaard (Sparta) | 58,91 Line Køhlert (Viking) | 59,96 Sara Michelsen (KIF) |
| 2012 | 55,03 Sara Slott Petersen (1900) | 58,20 Rikke Rønholt (Sparta) | 58,62 Kathrine Mikkelsen (AAM) |
| 2011 | 58,68 Kathrine Mikkelsen (AAM) | 60,84 Emma Steenberg (SAK77) | 61,43 Sara Brahm. Svendsen (Sparta) |
| 2010 | 56,47 Julie S. Scherer (Sparta) | 58,55 Kathrine Mikkelsen (AAM) | 60,37 Line Køhlert (Viking) |
| 2009 | 56,09 Sara Slott Petersen (1900) | 59,84 Stina Troest (Amager AC) | 64,03 Nynne Nørgaard-Christ. (Holte) |
| 2008 | 56,68 Helena Scherer (Sparta) | 60,90 Cecilie F. Sørensen (1900) | - |

800 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 2.11.94 Line K Schulz (AAM) | 2:12.20 Mia Helena Mørck (BAC) | 2.12.31 Helene H Gottlieb (Holte) |
| 2015 | 2:11,31 Joseffa Keidser (1900) | 2:11,79 Mia Helena Mørck (BAC) | 2:12,37 Josefine Rytter (BAC) |
| 2014 | 2:12,47 Maria Larsen (KIF) | 2:13,41 Dagmar F. Olsen (Sparta) | 2:13,84 Josefine Rytter (BAC) |
| 2013 | 2:07,75 Stina Troest (Amager AC) | 2:09,52 Dagmar F. Olsen (Allerød) | 2:11,22 Maria Larsen (KIF) |
| 2012 | 2:08,89 Rikke Rønholt (Sparta) | 2:12,19 Dagmar F. Olsen (Allerød) | 2:13,76 Josefine Rytter (BAC) |
| 2011 | 2:13,28 Dagmar F. Olsen (Allerød) | 2:16,23 Josefine Rytter (BAC) | 2:18,83 Alexandra Johansen (Køge) |
| 2010 | 2:17,64 Lisbeth Pedersen (HVAM) | 2:17,84 Dagmar F. Olsen (Allerød) | 2:17,91 Kathrine Reinholdt (BAC) |
| 2009 | 2.12,03 Heidi K. Jensen (Sparta) | 2:12,97 Katrine T. Væsel (Stoholm) | 2:25,13 Nynne Nørgaard-Chr. (Holte) |
| 2008 | 2.16,37 Lisbeth Pedersen (HVAM) | 2:16,45 Heidi K. Jensen (Sparta) | - |

1500 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 4:21.85 Simone Glad (Sparta) | 4:24.39 Line K. Schulz (Aalborg AM) | 4.29.60 Rebekka Fuglø (Vejle IF) |
| 2015 | 4:41,52 Maria Larsen (KIF) | 4:41,73 Line K. Schulz (Aalborg AM) | 4:50,93 Dorthea Jørgensen (Kolding) |
| 2014 | 4:26,58 Simone Glad (Odense Atl.) | 4:29,24 Maria Larsen (KIF) | 4.32,94 Line K. Schulz (Aalborg AM) |
| 2013 | 4:33,88 Simone Glad (Odense Atl.) | 4:33,93 Maria Larsen (KIF) | 4:39,02 Annemette Sch. Fischer (KIF) |
| 2012 | 4:40,14 Louise Brasen (Sparta) | 4:42,37 Simone Glad (Odense Atl.) | 4:45,71 Maria Larsen (KIF) |
| 2011 | 4:45,32 Louise Brasen (Sparta) | 4:49,12 Simone Glad (Odense Atl.) | 4:50,16 Katrine Reinholdt (Amager) |
| 2010 | 4:39,14 Lisbeth Pedersen (HVAM) | 4:40,77 Louise Brasen (Sparta) | 4:50,09 Heidi K. Jensen (Sparta) |
| 2009 | 4:34,73 Heidi K. Jensen (Sparta) | 4:35,79 Lisbeth Pedersen (HVAM) | 4:38,95 Katrine Toft Væsel (Stoholm) |
| 2008 | 4:38,54 Ida Fallesen (AGF) | 4:40,56 Lisbeth Pedersen (HVAM) | 4:42,37 Katrine Toft Væsel (Stoholm) |

Arena-rekord: 4.20.6 – Line K Schulz, AAM 2016

3000 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2014 | 9:35,68 Simone Glad (Odense Atl.) | 10.04.68 Josephin. Thestrup (Sparta) | 10.34.10 Louise Høj Jensen (AGF) |
| 2015 | DR 9:19,56 Maria Larsen (KIF) | 9:19,98 Sara Sig Møller (Sparta) | 9:50,55 Line K. Schulz (Aalborg AM) |
| 2014 | 9:32,68 Simone Glad (Odense Atl.) | 9:58,89 Josephin. Thestrup (Sparta) | 10:06,81 Kristine Ewers (AAIG) |
| 2013 | 9:37,35 Simone Glad (Odense Atl.) | 10:12,90 Annemette S. Fischer (KIF) | 10:15,87 Kirsten Petterson (Esbj. Tri) |
| 2012 | 9:56,07 Simone Glad (Odense Atl.) | 10:05,08 Louise Brasen (Sparta) | 10:41,76 Caroline Tauson (Sparta) |
| 2011 | 9:55,40 Louise Brasen (Sparta) | 10:02,78 Simone Glad (Odense Atl.) | 10:30,08 Nathalie Lassen (AAIG) |
| 2010 | 9:56,63 Lisbeth Pedersen (HVAM) | 10:16,10 Simone Glad (Odense Atl.) | 10:22,46 Louise Brasen (Sparta) |
| 2009 | 10:03,34 Lisbeth Pedersen (HVAM) | 10:10,90 Stina R. Christensen (1900) | 10:11,20 Louise Brasen (Sparta) |
| 2008 | 9:53,78 Ida Fallesen (AGF) | 10:02,61 Katrine T. Væsel (Stoholm) | - |

60 meter hæk

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 8.48 Mette Graversgaard (1900) | 8.53 (Mathilde U Kramer (AAIG) | 8.61 Mathilde Heltbech (HelsingørIF) |
| 2015 | 8,74 Marie C. Vermund (Sparta) | 8,89 Sophie Roessler (AAIG) | 8,98 Mette Graversgaard (1900) |
| 2014 | 8,85 Thea Haahr (Sparta) | 8,86 Sophie Roessler (AAIG) | 8,89 Anne Møller (AAIG) |
| 2013 | 8,70 Tine Bach Ejlersen (1900) | 8,80 Mathilde Heltbech (HelsingørIF) | 8,96 Anne Møller (AAIG) |
| 2012 | 8,75 Anne Møller (AAIG) | 8,81 Mathilde Heltbech (Helsingør IF) | 9,11 Anne S. Vermund (Sparta) |
| 2011 | 8,75 Anne Møller (AAIG) | 8,81 Louise Biede (SAK77) | 9,37 Anne S. Vermund (Sparta) |
| 2010 | 8,59 Anne Møller (AAIG) | 9,01 Tine Bach Ejlersen (1900) | 9,63 Thea Sofie Haahr (Sparta) |
| 2009 | 8,78 Anne Møller (AAIG) | 10,69 Anne Sofie Nexø Ander. (KIF) | - |
| 2008 | 8,50 Anne Møller (AAIG) | 9,04 Tine Bach Ejlersen (1900) | 9,30 Caroline Bonde Holm (Sparta) |

Højdespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 1.73 Tine Bach Ejlersen (1900) | 1.70 Mathilde D. Jensen (1900) | 1.70 Sandra B. Christensen (AAC) |
| 2015 | 1.76 Sandra B. Christensen (AAC) | 1.70 Rikke Andersen (Sparta) | 1.67 Mathilde D. Jensen (1900) |
| 2014 | 1.76 Sandra B. Christensen (AAC) | 1.70 Tine Bach Ejlersen (1900) | 1.70 Rikke Andersen (Sparta) |
| 2013 | 1.73 Sofie Albrechtsen (EAM) | 1.70 Tine Bach Ejlersen (1900) / |  |
|  |  | 1.70 Sandra B. Christensen (AAC) |  |
| 2012 | 1.67 Sandras B. Christensen (AAC) | 1.67 Sofie Albrechtsen (Esbjerg AM) | 1.67 Tine Bach Ejlersen (1900) / |
|  |  |  | 1.67 Mathilde D. Jensen (1900) |
| 2011 | 1.70 Line Skriver (Randers Freja) | 1.67 Mathilde D. Jensen (1900) | 1.64 Sofie Albrechtsen (Esbjerg AM) |
| 2010 | 1.74 Line Skriver (Randers Freja) | 1.64 Cæcilie Sams (Randers Freja) | 1.61 Mathilde D. Jensen (1900) |
| 2009 | 1.65 Line Skriver (Randers Freja) | 1.55 Sabrina Jepsen Bak (SAK77) | 1.50 Julie Fischer (Greve) |
| 2008 | 1.61 Line Skriver (Randers Freja) | 1.55 Line Gravl. Hansen (Helsingør IF) | - |

Trespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 12.68 Janne Nielsen (1900) | 12.15 Jessie K. Ipsen (KIF)- | 11.43 Agnes Skovgaard (1900) |
| 2015 | 12.52 Janne Nielsen (1900) | - | - |
| 2014 | 12.87 Janne Nielsen (1900) | 12.75 Katrine H. Kristensen (KIF) | 12.31 Jessie K. Ipsen (KIF) |
| 2013 | 12.50 Jessie K. Ipsen (KIF) | 12.50 Janne Nielsen (1900) | 12.12 Laetitia K. Bruun (Sparta) |
| 2012 | 12.42 Jessie K. Ipsen (KIF) | 12.33 Laetitia K. Bruun (Sparta) | 12.11 Katrine H. Kristensen (KIF) |
| 2011 | 12.24 Katrine H. Kristensen (KIF) | 11.97 Mathilde D. Jensen (1900) | 11.77 Laetitia K. Bruun (Sparta) |
| 2010 | 12.40 Lisbeth Bertelsen (Vejle IF) | 11.89 Jessie Ipsen (KIF) | 11.79 Jeanette Hedeager (OA/OGF) |
| 2009 | 11.79 Lisbeth Bertelsen (Vejle IF) | 11.66 Jeanette Hedeager (OA/OGF) | 11.41 Katrine Vorum (Sparta) |
| 2008 | 11.25 Jeanette Hedeager (OA/OGF) | 10.63 Lene Riis (Skive AM) | 10.18 Stine Hedegaard (Herning GF) |

Længdespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 5.91 Janne Nielsen (1900) | 5.82 Emma Beiter Bomme (Sparta) | 5.78 Laura Tølløse (Sparta) |
| 2015 | 6.07 Jessie Ipsen (KIF) | 5.99 Martha Traoré (Sparta) | 5.74 Tine Bach Ejlersen (1900) |
| 2014 | 6.20 Martha Traoré (Sparta) | 5.98 Jessie Ipsen (KIF) | 5.81 Laura Tølløse (Sparta) |
| 2013 | 5.97 Jessie Ipsen (KIF) | 5.97 Tine Bach Ejlersen (1900) | 5.68 Laura Tølløse (Sparta) |
| 2012 | 5.79 Tine Bach Ejlersen (1900) | 5.77 Jessie Ipsen (KIF) | 5.71 Martha Traoré (Sparta) |
| 2011 | 6.18 Jessie Ipsen (KIF) | 5.43 Martha Traoré | 5.36 Tine Bach Ejlersen (1900) |
| 2010 | 5.93 Tine Bach Ejlersen (1900) | 5.91 Jessie Ipsen (KIF) | 5.61 Martha Traoré (Sparta) |
| 2009 | 5.75 Cæcilie Sams (Randers Freja) | 5.58 Jessie Ipsen (KIF) | 5.52 Tine Bach Ejlersen (1900) |
| 2008 | 5.67 Julie Scherer (Sparta) | 5.22 Tine Bach Ejlersen (1900) | 5.14 Cæcilie Sams (Randers Freja) |

Stangspring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 4.05 Line Renée Jensen (Sparta) | 3.95 Iben Høgh-Pedersen (R. Freja) | 3.55 Anne Sofie Olsen (KIF) |
| 2015 | 4.15 Caroline Bonde Holm (Sparta) | 4.05 Line Renée Jensen (Sparta) | 4.05 Iben Høgh-Pedersen (R. Freja) |
| 2014 | 4.35 Caroline Bonde Holm (Sparta) | 3.95 Line Renée Jensen (Randers Fr.) | 3.95 Iben Høgh-Pedersen (Rdrs.Freja) |
| 2013 | 4.25 Caroline Bonde Holm (Sparta) | 3.85 Line Renée Jensen (Randers Fr.) | 3.45 Amalie B. Pedersen (Rdrs. Freja) |
| 2012 | 4.25 Caroline Bonde Holm (Sparta) | 4.15 Iben Høgh-Pedersen (R. Freja) | 3.55 Amalie B. Pedersen (R. Freja) |
| 2011 | 4.35 Cathrine Larsåsen (Sparta) | 4.25 Caroline Bonde Holm (Sparta) | 4.15 Iben Høgh-Pedersen (R. Freja) |
| 2010 | 4.31NR Cathrine Larsåsen (Sparta) | 4.05 Caroline Bonde Holm (Sparta) | 4.05 Iben Høgh-Pedersen (R. Freja) |
| 2009 | 4.15 Caroline Bonde Holm (Sparta) | 3.70 Iben Høgh-Pedersen (R. Freja) | 3.40 Line G. Hansen (Helsingør IF) |
| 2008 | 4.00 Anita Tørring (Sparta) | 3.70 Caroline Bonde Holm (Sparta) | 3.50 Iben Høgh-Pedersen (R. Freja) |

Kuglestød

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 16.19 Trine Mulbjerg (Sparta) | 15.32 Maria Sløk Hansen (Hvidovre) | 13.55 Marie Aagaard (Aabenraa IG) |
| 2015 | 16.13 Trine Mulbjerg (Sparta) | 15.86 Maria Sløk Hansen (Hvidovre) | 12.91 Marie Aagaard (Aabenraa IG) |
| 2014 | 16.69 DR Trine Mulbjerg (1900) | 16.12 Maria Sløk Hansen (Hvidovre) | 13.00 Marie Aagaard (Aabenraa IG) |
| 2013 | 14.47 Trine Mulbjerg (1900) | 13.50 Katrine Bebe (Sparta) | 13.47 Mejken Greve (Sparta) |
| 2012 | 15.46 Trine Mulbjerg (1900) | 13.78 Maria Sløk Hansen (Hvidovre) | 13.23 Nina Otto (Sparta) |
| 2011 | 15.09 DR Trine Mulbjerg (1900) | 13.78 Mejken Greve (Sparta) | 12.86 Nina Otto (Sparta) |
| 2010 | 13.90 Mejken Greve (Sparta) | 13.88 Trine Mulbjerg (1900) | 12.69 Nina Otto (Sparta) |
| 2009 | 13.51 Trine Mulbjerg (Ringkøbing) | 13.14 Maria Sløk Hansen (HVAM) | 12.96 Mejken Greve (Sparta) |
| 2008 | 12.71 Trine Mulbjerg (Ringkøbing) | 12.57 Nina Otto (Sparta) | 12.41 Jane Lindved (1900) |

4 x 200 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | DR 1:38.79 Aarhus 1900 | 1:42,73 Sparta AM | 1:45.78 Københavns IF |
| 2015 | 1:41,58 Aarhus 1900 | 1:42,21 Sparta AM | 1:44,16 Københavns IF |
| 2014 | 1:41,84 Aarhus 1900 | 1:42,52 Sparta AM | 1:47,12 Sparta II |
| 2013 | 1:42,01 Sparta AM | 1:42,66 Aarhus 1900 | 1:51,05 Aalborg AM |
| 2012 | 1:41,36 DR Aarhus 1900 | 1:45,08 Københavns IF | 1:46,44 Sparta AM |
| 2011 | 1:44,45 Københavns IF | 1:46,28 Sparta AM | 1:49,71 Aarhus 1900 |
| 2010 | 1:43,02 DR Aarhus 1900 | 1:43,14 Sparta | 1:53,57 Københavns IF |
| 2009 | 1:48,71 Aarhus 1900 | 1:48,71 Frederiksberg IF | - |
| 2008 | 1:46,36 Sparta AM | 1:47,21 Aarhus 1900 | 1:55,02 Odense Atletik |

# DM-inde siden 2008 (mænd)

60 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 6,77 Morten D. Madsen (Skive AM) | 6,87 Frederik Schou Nielsen (Sparta) | 6,93 Kasper Olsen (Hvidovre AM) |
| 2015 | 6,71 Morten D. Madsen (Skive AM) | 6,98 Kasper Olsen (Hvidovre AM) | 7,00 Mike Kalisz (Sparta) |
| 2014 | 6,86 Morten D. Madsen (Skive AM) | 7,02 Festus Asante (Korsør AM) | 7,04 Andreas Martinsen (1900) |
| 2013 | 6,88 Martin Krabbe (Københavns IF) | 6,91 Morten D. Madsen (Skive AM) | 6,96 Mike Kalisz (Sparta) |
| 2012 | 6,73 Martin Krabbe (Holstebro) | 6,83 Frederik Thomsen (Ballerup AK) | 6,92 Andreas Trakovski (KIF) |
| 2011 | 6,79 Martin Krabbe (Holstebro) | 6,91 Frederik Thomsen (Ballerup AK) | 7,00 Jesper Simonsen (Sparta) |
| 2010 | 6,71 Martin Krabbe (AK Holstebro) | 6,92 Mike Kalisz (Sparta) | 6,94 Jesper Simonsen (Sparta) |
| 2009 | 6,77 Martin Krabbe (AK Holstebro) | 6,97 Jakob Wolfgang (Sparta) | 7,02 Jesper Simonsen (1900) |
| 2008 | 6,84 Martin Krabbe (AK Holstebro) | 7,02 Cesar Posse (KIF) | 7,07 Jesper Simonsen (1900) |

200 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 21,66 N. Ekelund-Arenander (Sparta) | 22,06 Mike Kalisz (Sparta) | 22,33 Emil Strøm (Sparta) |
| 2015 | 21,66 N. Ekelund-Arenander (Sparta) | 22,06 Mike Kalisz (Sparta) | 22,33 Emil Strøm (Sparta) |
| 2014 | 22,05 Peter Trajkovski (KIF) | 22,60 Emil Strøm (Sparta) | 23,21 Philip Braun (Sparta) |
| 2013 | 21,84 N. Ekelund-Arenander (KIF) | 22,06 Mike Kalisz (Sparta) | 22,76 Emil Strøm (Sparta) |
| 2012 | 21,65 N. Ekelund-Arenander (KIF) | 21,71 Nicklas Hyde (Sparta) | 22,29 Mike Kalisz (Sparta) |
| 2011 | 22,05 Mike Kalisz (Sparta) | 22,43 Kasper Olsen (HvidovreAM) | 22,62 Nicklas Hyde (Sparta) |
| 2010 | 22,02 Nicklas Hyde (Sparta) | 22,31 Jesper Simonsen (Sparta) | 22,52 Andreas Bube (Bagsværd AC) |
| 2009 | 22,08 Andreas Bube (Bagsværd AC) | 22,49 Brian Jørgensen (KIF) | 23,16 Thomas Cortebeeck (1900) |
| 2008 | 22,32 Nicklas Hyde (Sparta) | 22,36 Andreas Bube (Bagsværd) | 22,58 Thomas Cortebeeck (1900) |

400 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 47.52 Benjamin L. Vedel (AAM) | 48,36 Nicolai Hartling (Sparta) | 49.83 Alexandre Guidje (KIF) |
| 2015 | 47,72 N. Ekelund-Arenander (Sparta) | 48,16 Benjamin L. Vedel (AAM) | 48,41 Nicolai Hartling (Sparta) |
| 2014 | 49,87 Christian Clausen (KIF) | 49,95 Emil Strøm (Sparta) | 50,31 Philip Braun (Sparta) |
| 2013 | 47,52 N. Ekelund-Arenander (KIF) | 50,64 Nicolai Hartling (Sparta) | 50,81 Emil Strøm (Sparta) |
| 2012 | 47,01 DR Nick Ekelund-Arenan. (KIF) | 47,47 Jacob Riis (Sparta) | 48,65 Nicklas Hyde (Sparta) |
| 2011 | 48,73 N. Ekelund-Arenander (KIF) | 48,99 Jacob Riis (Sparta) | 49,89 Thomas Cortebeeck (1900) |
| 2010 | 47,43 Jacob Riis (Sparta) | 48,47 Andreas Bube (Bagsværd AC) | 49,51 Nicklas Hyde (Sparta) |
| 2009 | 47,86 Jacob Riis (Aalborg AM) | 47,95 Andreas Bube (Bagsværd AC) | 48,90 Nicklas Hyde (Sparta) |
| 2008 | 48,48 Jacob Riis (Aalborg AM) | 48,99 Nicklas Hyde (Sparta) | 49,72 Andreas Bube (Bagsværd AC) |

800 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 1.52.37 Andreas Bube (Bagsværd AC) | 1:55.15 Peter Gerner Ejersbo (OA) | 1.55.61 Jacob Stengaard (Skive AM) |
| 2015 | 1:57,68 Nick R. Jensen (Sparta) | 1:58,56 Christian Clausen (KIF) | 2:00,57 Aladdin Bouhania (AGF) |
| 2014 | 1:54,74 Nick R. Jensen (Sparta) | 1:55,64 Aladdin Bouhania (AGF) | 1:58,20 Nicolai Hartling (Sparta) |
| 2013 | 1:51,36 Andreas Bube (Bagsværd AC) | 1:52,19 Nick R. Jensen (Sparta) | 1:54,69 Aladdin Bouhania (AGF) |
| 2012 | 1:52,30 Andreas Bube (Bagsværd AC) | 1:53,16 Rasmus Terp (1900) | 1:57,24 Thomas Kjær (1900) |
| 2011 | 1:53,88 Andreas Bube (Bagsværd AC) | 1:54,20 Nick R. Jensen (Sparta) | 1:54,61 Michael Schmidt (KIF) / |
|  |  |  | 1:54,61 Rasmus Terp (Vejle IF) |
| 2010 | 1:51,92 Jacob Carstensen (Esbjerg) | 1:53,16 Rasmus Terp (Vejle IF) | 1:54,02 Nick R. Jensen (Sparta) |
| 2009 | 1:56,68 Aladdin Bouhania (1900) | 1:57,63 Rasmus Terp (Vejle IF) | 1:58,21 Mathias Reedtz (KIF) |
| 2008 | 1:54,93 Aladdin Bouhania (1900) | 1:55,13 Michael Schmidt (KIF) | 1:55,32 Søren Skovbakke (OA/OGF) |

1500 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 3:58.33 Andreas Lommer (OA/OGF) | 3.58.88 Mikael Johansen (Rrds FREJA) | 3:58.95 Peter Gerner Ejersbo (OA/OGF) |
| 2015 | 3:52,92 Andreas Bueno (1900) | 3:54,66 Thijs Nijhuis (Viborg AM) | 3:57,08 Michael Schmidt (KIF) |
| 2014 | 3:49,52 Andreas Bueno (1900) | 3:49,53 Andreas Bueno (1900) | 3:50,37 Nick R. Jensen (Sparta) |
| 2013 | 3:56,95 Michael Schmidt (KIF) | 3:57,01 Rasmus Terp (1900) | 3:58,21 Aladdin Bouhania (AGF) |
| 2012 | 3:57,36 Jakob Hoffmann (1900) | 3:59,07 Ole Hesselbjerg (Sparta) | 4:04,19 Peter Glans (OA/OGF) |
| 2011 | 3:57,06 Jakob Hoffmann (1900) | 3:59,98 Jeppe Harboe (Sparta) | 4:08,64 David Møller (Aalborg AM) |
| 2010 | 3:53,44 Andreas Bueno (AGF) | 3:55,19 Jakob Hannibal (Sparta) | 3:56,77 Jakob Hoffmann (Vejle IF) |
| 2009 | 3:52,92 Andreas Bueno (AGF) | 3:53,42 Morten Munkholm (1900) | 4:03,49 Jakob Hannibal (Sparta) |
| 2008 | 3:53,77 Morten Munkholm (R. Freja) | 3:56,80 Brian Lindberg (AGF) | 3:57,33 Søren Skovbakke (OA/OGF) |

3000 meter

|  |  |  |  |
| --- | --- | --- | --- |
| 2015 | 8:08.95 Thijs Nijhuis (Viborg AM)) | 8:11.51 Peter Glans (OA/OGF) | 8:15.22 Jesper Faurschou (HerningLK) |
| 2015 | 8:26,87 Andreas Lommer (OA/OGF) | 8:29,52 Kasper Skov (OA/OGF) | 8:40,29 Andreas Lindgreen (Sparta) |
| 2014 | 8:18,92 Thijs Nijhuis (Viborg AM) | 8:22,13 Jeppe Harboe (Sparta) | 8:23,59 Michael Nielsen (Sparta) |
| 2013 | 8:30,51 Jesper Faurschou (HerningLK) | 8:35,00 Paulo Jensen (KIF) | 8:38,59 Jakob Dybdal Abrah. (1900) |
| 2012 | 8:06,08 Jakob Hannibal (Sparta) | 8:07,36 Abdi Hakin Ulad (Korsør) | 8:21,55 Jesper Faurschou (Herning) |
| 2011 | 8:30,47 Stephan A. Jensen (HVAM) | 8:33,21 Abdi Hakin Ulad (Korsør) | 8:37,24 Jeppe Harboe (Sparta) |
| 2010 | 8:19,21 Jakob Hannibal (Sparta) | 8:26,46 Andreas Bueno (AGF) | 8:39,63 Ole Hesselbjerg (Sparta) |
| 2009 | 8:18,75 Morten Munkholm (1900) | 8:19,55 Andreas Bueno (AGF) | 8:21,86 Jakob Hannibal (Sparta) |
| 2008 | 8:31,71 Morten Munkholm (R.Freja) | 8:36,21 Jesper H.Andersen (1900) | 8:39,13 Mikkel Kleis (AGF) |

60 meter hæk

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 7,79 Andreas Martinsen (1900) | 8,21 Christian L. Nielsen (1900) | 8.72 Sebastian Skejø (1900) |
| 2015 | 7,84 Andreas Martinsen (1900) | 8,56 Alexandre Guidje (KIF) | 8,58 Oliver R. Kjeldsen (1900) |
| 2014 | 7,97 Andreas Martinsen (1900) | 8,17 Christian L. Nielsen (1900) | 9,04 Sebastian Skejø (1900) |
| 2013 | 7,94 Andreas Martinsen (Holstebro) | 8,26 Christian L. Nielsen (1900) | 8,30 Christian Laugesen (Sparta) |
| 2012 | 7,90 Andreas Martinsen (Holstebro) | 8,05 Jon Yde Bentsen (Aalborg AM) | 8,18 Christian L. Nielsen (1900) |
| 2011 | 8,02 Andreas Martinsen (Holstebro) | 8,27 Christian L. Nielsen (Skive AM) | 8,75 Gert Skals (Aarhus 1900) |
| 2010 | 8,07 Christian Laugesen (Sparta) | 8,07 Jon Yde Bentsen (Aalborg AM) | 8,37 Christian L. Nielsen (Skive AM) |
| 2009 | 8,00 Jon Yde Bentsen (Aalborg AM) | 8,09 Christian Laugesen (Sparta) | 8,96 Mathias Andersen (Holstebro) |
| 2008 | 8,08 Jon Yde Bentsen (Aalborg AM) | 8,31 Christian Laugesen (Sparta) | 9,11 Mathias Andersen (Holstebro) |

Højdespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 2.10 Janick Klausen (1900) | 1.91 Mads Moos Larsen (1900) | 1.75 Rune Drongesen (Viborg AM) |
| 2015 | 2.14 Jonas Kløjgård (1900) | 2.03 Massin Ait Bouziad (Sparta) | 1.94 Andreas Jeppesen (OA/OGF) |
| 2014 | 2.03 Jonas Kløjgård (1900) | 1.97 Massin Ait Bouziad (Sparta) | 1.91 Mads Moos Larsen (Viborg AM) |
| 2013 | 2.00 Frederik Jahr (OA/OGF) | 1.97 Andreas Jeppesen (Esbjerg AM) | 1.94 Charles Kamau (Aabenraa IG) |
| 2012 | 2.15 Janick Klausen (1900) | 2.06 Frederik Thomsen (Ballerup AK) | 2.03 Charles Kamau (Aabenraa IG) |
| 2011 | 2.20 Janick Klausen (1900) | 2.03 Frederik Thomsen (Ballerup AK) | 2.03 Morten Bonde (Aalborg AM) |
| 2010 | 1.96 Andreas Jeppesen (Skive AM) | 1.90 Morten Bonde (Aalborg AM) | 1.87 Casper Slots (OA/OGF) |
| 2009 | 2.11 Janick Klausen (1900) | 2.08 Jens Møller Boeriis (1900) | 1.96 Morten Bonde (Aalborg AM) |
| 2008 | 2.05 Jens Møller Boeriis (1900) | 2.02 Janick Klausen (1900) | 1.96 Jon Yde Bentsen (Aalborg AM) |

Trespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2015  6 | 14.39 Torur Mortensen (1900) | 12.91 Johannes Glue (Rrds FREJA) | 12.18 Matthias Kikkenborg (AAM) |
| 2015 | 15.96 Peder P. Nielsen (Sparta) | 14.02 Massin Ait Bouziad (Sparta) | 13.22Mikkel Roald-Arbøl (Sparta) |
| 2014 | 15.73 Anders Møller (Sparta) | 15.49 Peder P. Nielsen (Sparta) | 12.73 Jakob Plaschke (Aalborg AM) |
| 2013 | 16.15 Anders Møller (Sparta) | 16.13 Peder P. Nielsen (Sparta) | 14.62 Jannick Bagge (Hvidovre AM) |
| 2012 | 16.49 Peder P. Nielsen (1900) | 16.35 Anders Møller (Sparta) | 14.67 Jannick Bagge (Hvidovre AM) |
| 2011 | 16.69 Anders Møller (Sparta) | 16.22 Peder P. Nielsen (1900) | 14.28 Mads B. Hansen (Hvidovre AM) |
| 2010 | 15.71 Peder P. Nielsen (1900) | 14.19 Jeppe Lauridsen (AAC) | 13.19 Mikkel Roald-Arbøl (Hvidovre) |
| 2009 | 15.64 Anders Møller (Sparta) | 14.04 Jeppe Lauridsen (AAC) | 13.16 Henrik Flarup (OA/OGF) |
| 2008 | 15.34 Thomas Flensborg (Sparta) | 15.15 Peder P. Nielsen (1900) | 14.13 Jeppe Lauridsen (Amager AC) |

Længdespring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 7.18 Sebastian Pedersen (Sparta) | 7.11 Christian L Nielsen (1900) | 7.03 Jannick Hansen (Sparta) |
| 2015 | 7.70 Benjamin Gabrielsen (Sparta) | 7.42 Morten Jensen (Sparta) | 7.12 Jannick Hansen (Sparta) |
| 2014 | 7.46 Morten Jensen (Sparta) | 7.42 Benjamin Gabrielsen (Sparta) | 6.80 Jannick Hansen (Sparta) |
| 2013 | 7.75 Morten Jensen (Sparta) | 7.11 Benjamin Gabrielsen (Sparta) | 6.78 Jannick Hansen (Sparta) |
| 2012 | 7.80 Morten Jensen (Sparta) | 7.59 Andreas Trajkovski (KIF) | 7.36 Frederik Thomsen (Ballerup AK) |
| 2011 | 7.75 Morten Jensen (Sparta) | 7.25 Andreas Trajkovski (KIF) | 6.77 Andreas K. Christensen (1900) |
| 2010 | 8.04 Morten Jensen (Sparta) | 7.13 Peder P. Nielsen (1900) | 6.81 Samuel Kirk-Haugstrup (1900) |
| 2009 | 7.88 Morten Jensen (Sparta) | 6.61 Jeppe Lauridsen (Amager AC) | 6.37 Mark Ahlehuus (Hvidovre AM) |
| 2008 | 7.00 Christian Laugesen (Sparta) | 6.78 Tomas Koefoed (KIF) | 6.49 Jeppe Lauridsen (Amager AC) |

Stangspring

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 4.65 Michael Christiansen (1900) | 4.55 Mikkel Ringsted (KIF) | 4.25 Oliver Durafour (Ballerup AK) |
| 2015 | 5.37 Rasmus W. Jørgensen (Sparta) | 5.05 Mikkel M. Nielsen (Sparta) | 4.55 Andreas Rønning (Ballerup AK) |
| 2014 | 5.36 Mikkel M. Nielsen (Sparta) | 4.75 Michael Christiansen (1900) | 4.65 Mikkel Ringsted (KIF) |
| 2013 | 5.35 Rasmus W. Jørgensen (Sparta) | 5.15 Mikkel M. Nielsen (Sparta) | 4.75 Martin Stensvig (Sparta) |
| 2012 | 5.35 Rasmus W. Jørgensen (Sparta) | 5.25 Mikkel M. Nielsen (Sparta) | 4.95 Andreas Rønning (Ballerup AK) |
| 2011 | 5.10 Martin Stensvig (Sparta) | 4.85 Mikkel M. Nielsen (1900) | 4.65 Andreas Rønning (Ballerup AK) |
| 2010 | 5.30 Rasmus W. Jørgensen (Sparta) | 4.85 Mikkel M. Nielsen (1900) | 4.85 Martin Stensvig (Sparta) |
| 2009 | 5.20 Rasmus W. Jørgensen (Sparta) | 4.90 Mikkel M. Nielsen (1900) | 4.30 Martin Stensvig (Sparta) |
| 2008 | 4.70 Mikkel M. Nielsen (1900) | 4.30 Martin Stensvig (Hellas Roskil.) | 4.30 Christian Laugesen (Sparta) |

Kuglestød

|  |  |  |  |
| --- | --- | --- | --- |
| 2016 | 17.17 Kenneth Mertz (Sparta) | 16.74 Kristoffer Thomsen (1900) | 14.82 Thor Sørensen (Aalborg AM) |
| 2015 | 17.57 Kenneth Mertz (Sparta) | 16.96 Lasse Larsen (Sparta) | 15.11 Thor Sørensen (Aalborg AM) |
| 2014 | 19.02 Kim Juhl Christensen (Sparta) | 18.41 Nick Petersen (Sparta) | 17.15 Kenneth Mertz (Sparta) |
| 2013 | 19.51 Kim Juhl Christensen (Sparta) | 17.30 Thomas Hoffmann (HVAM) | 15.41 Christoffer Mikkelsen (R. Freja) |
| 2012 | 18.87 Kim Juhl Christensen (Sparta) | 17.91 Kenneth Mertz (Sparta) | 17.83 Nick Petersen (Sparta) |
| 2011 | 19.43 Kim Juhl Christensen (Sparta) | 18.79 Nick Petersen (KIF) | 16.86 Thomas Hoffmann (Hvidovre) |
| 2010 | 19.23 Kim Juhl Christensen (Sparta) | 18.03 Nick Petersen (KIF) | 17.38 Lasse Larsen (Sparta) |
| 2009 | 19.65 Kim Juhl Christensen (Sparta) | 18.26 Nick Petersen (KIF) | 17.01 Michael Johansen (KIF) |
| 2008 | 19.02 Kim Juhl Christensen (Sparta) | 16.95 Michael Johansen (KIF) | 16.89 Simon Stewart (Aalborg AM) |

4 x 200 meter

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| --- | --- | --- | --- |
| 2016 | 1:28.77 Sparta AM | 1:30.14 Aarhus 1900 | 1:32.11 Skive AM |
| 2015 | 1:26,70 DR Sparta AM | 1:28,28 Aarhus 1900 | 1:31,46 Københavns IF |
| 2014 | 1:29,71 Aarhus 1900 | 1:30,84 Københavns IF | 1:31,14 Sparta AM |
| 2013 | 1:28,20 Sparta AM | 1:33,29 Aarhus 1900 | 1:34,17 Skive AM |
| 2012 | 1:27,08 DR Sparta AM | 1:28,44 Københavns IF | 1:28,91 Sparta AM II |
| 2011 | 1:29,85 Københavns IF | 1:30,22 Sparta AM | 1:35,34 Korsør AM |
| 2010 | 1:29,08 Sparta AM | 1:30,95 Skive AM | 1:31,50 Aarhus 1900 |
| 2009 | 1:29,56 Sparta AM | 1:30,60 Københavns IF | 1:31,99 Aarhus 1900 |
| 2008 | 1:30,71 Aarhus 1900 | 1:30,79 Sparta | 1:32,59 AK Holstebro |