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| **Danske Masters rekorder****Kapgang, Mænd:** |  | *(opdateret 17.9.23)* |  |  |
|  |  |  |  |  |  |
| **Distance** |  |  |  |  |  |  |
| **Aldersgruppe** | **Tid** | **Navn** | **Årg.** | **Klub** | **Dato** | **Sted** |
|  |  |  |  |  |  |  |
| **3.000m inde** |  |  |  |  |  |  |
| M30 | **13.53,90** | Andreas W. Nielsen | 1988 | Århus 1900 | 23.02.20 | Odense |
| M35 | **13.34,9** | Jacob Sørensen | 1974 | Sdr. Omme IF | 07.03.09 | Skive |
| M40 | **15.02,0** | Hardy Mattson | 1949 | Hvidovre MF | 01.03.92 | Århus |
| M45 | **14.14,18** | Jacob Sørensen | 1974 | Sdr. Omme IF | 16.02.19 | Skive |
| M50 | **16.00,4** | Leif Christensen | 1976 | Phønix/VI39 | 01.03.97 | Århus |
| M55 | **15.32,0** | Leif Christensen | 1943 | Phønix/VI39 | 27.02.99 | Valby |
| M60 | **16.51,7** | Ole David Jensen | 1943 | KIF | 29.02.04 | Århus |
| M65 | **17.42,8** | Kai Thomsen | 1949 | Sdr. Omme IF | 15.03.15 | Skive |
| M70 | **18.58,6** | Helge Bech | 1929 | Phønix/VI39 | 26.02.00 | Göteborg, SWE |
| M75 | **19.06,83** | Helge Bech | 1929 | Phønix/VI39 | 12.03.05 | Eskilstuna, SWE |
| M80 | **23.08,1** | Helge Bech | 1929 | Phønix/VI39 | 07.03.09 | Skive |
|  |  |  |  |  |  |  |
| **5.000m inde** |  |  |  |  |  |  |
| M30 | **21.30,2** | Arturo Santillan | 1968 | KIF | 25.02.01 | Århus |
| M35 | **23.26,7** | Jacob Sørensen | 1974 | Sdr. Omme IF | 07.03.09 | Skive |
| M40 | **23.46,0** | Kai Thomsen | 1949 | Sdr. Omme IF | 10.02.90 | Herning |
| M45 | **24.04,95** | Jacob Sørensen | 1974 | Sdr. Omme IF | 23.02.20 | Odense |
| M50 | **28.58,4** | Aksel V. Bendtsen | 1958 | MK Nørrevang | 07.03.09 | Skive |
| M55 | **28.21,48** | Aksel V. Bendtsen | 1958 | Aarhus 1900 | 27.02.16 | Skive |
| M60 | **28.23,0** | Helge Bech | 1929 | Alugod | 10.02.90 | Herning |
| M65 | **31.45,75** | Aksel V. Bendtsen | 1958 | Aarhus 1900 | 19.02.23 | Randers |
| M70 | **34.11,0** | Holger Dibbern | 1917 | Gladsaxe GK | 10.02.90 | Herning |
| M75 | **37.39,0** | Einar Haugen | 1914 | AIF Phønix | 10.02.90 | Herning |
|  |  |  |  |  |  |  |
| **3.000m bane**  |  |  |  |  |  |  |
| M30 | **11.58,89** | Arturo Santillan | 1968 | KIF  | 11.08.00 | Ålborg |
| M35 | **12.32,2** | Leif Christensen | 1943 | AIF Phønix | 06.05.80 | Valby |
| M40 | **12.34,3** | Leif Christensen | 1943 | AIF Phønix | 13.09.83 | Greve |
| M45 | **13.43,0** | Leif Christensen | 1943 | AIF Phønix | 04.09.88 | Frederiksberg |
| M50 | **15.10,99** | Thomas Christensen | 1968 | Phønix/VI39 | 27.08.22 | Ballerup |
| M55 | **15.15,32** | Claus Hechmann | 1964 | Team Hechmann Sport | 22.08.20 | Greve |
| M60 | **17.13,09** | Kai Thomsen | 1949 | Sdr. Omme IF  | 20.06.10 | Haderslev |
| M65 | **17.49,0** | Helge Bech | 1929 | Alugod | 27.08.94 | Århus |
| M70 | **19.30,0** | Helge Bech | 1929 | Phønix/VI39 | 29.04.01 | Østerbro |
| M75 | **20.01,4** | Helge Bech | 1929 | Phønix/VI39 | 25.09.04 | Odense |
|  |  |  |  |  |  |  |
| **5.000m bane**  |  |  |  |  |  |  |
| M30 | **22.37,9** | Jacob Sørensen | 1974 | Sdr. Omme IF | 16.06.07 | Sdr. Omme |
| M35 | **20.54,7** | Leif Christensen | 1943 | AIF Phønix | 13.05.80 | Greve |
| M40 | **21.31,2** | Leif Christensen | 1943 | AIF Phønix | 03.05.83 | Østerbro |
| M45 | **23.31,0** | Leif Christensen | 1943 | AIF Phønix | 04.09.88 | Frederiksberg |
| M50 | **25.21,7** | Thomas Christensen | 1968 | Phønix/VI39 | 19.09.20 | Østerbro |
| M55 | **26.09,05** | Ole David Jensen | 1943 | KIF | 08.08.99 | Gateshead, GBR |
| M60 | **28.08,65** | Helge Bech | 1929 | Alugod | 30.06.92 | Søgne, NOR |
| M65 | **30.12,9** | Helge Bech | 1929 | Alugod | 27.08.94 | Århus |
| M70 | **31.47,11** | Helge Bech | 1929 | Phønix/VI39 | 08.08.99 | Gateshead, GBR |
| M75 | **33.31,90** | Helge Bech | 1929 | Phønix/VI39 | 29.07.04 | Randers |
| M80 | **41.58,2** | Bengt Christoffersen | 1926 | KIF | 31.08.08 | Vallensbæk |
|  |  |  |  |  |  |  |
| **10.000m bane** |  |  |  |  |  |  |
| M30 | **43.58,2** | Jacob Sørensen | 1974 | Sdr. Omme IF | 05.06.04 | Odense |
| M35 | **42.02,2** | Leif Christensen | 1943 | AIF Phønix | 13.05.80 | Greve |
| M40 | **44.27,2** | Leif Christensen | 1943 | AIF Phønix | 31.05.83 | Valby |
| M45 | **49.04,6** | Leif Christensen | 1943 | AIF Phønix | 04.09.88 | Frederiksberg |
| M50 | **50.37,0** | Leif Christensen | 1943 | Phønix/VI39 | 26.06.93 | Sdr. Omme |
| M55 | **55.36,8** | Ole David Jensen | 1943 | KIF | 22.05.99 | Sdr. Omme |
| M60 | **58.58,0** | Helge Bech | 1929 | MF Hvidovre | 22.04.89 | Vallensbæk |
| M65 | **64.23,6** | Bengt Christoffersen | 1926 | KIF  | 15.08.92 | Sdr. Omme |
| M70 | **67.53,0** | Holger Dibbern | 1917 | Gladsaxe GK | 16.09.87 | Valby |
|  |  |  |  |  |  |  |
| **15.000m bane** |  |  |  |  |  |  |
| M30 | **1.13.17,6** | Jacob Sørensen | 1974 | Sdr. Omme IF | 11.09.04 | Stockholm, SWE |
| M35 | **1.12.44,0** | Leif Christensen | 1943 | AIF Phønix | 27.09.81 | Odense |
| M40 | **1.12.33,0** | Leif Christensen | 1943 | AIF Phønix | 23.04.83 | Odense |
| M45 | **1.18.14,0** | Slobodan Radovic | 1941 | AIF Phønix | 23.04.88  | Vejle |
| M50 | **1.28.08,2** | Jørgen Larsen | 1933 | Sdr. Omme IF | 20.09.87 | Randers |
|  |  |  |  |  |  |  |
| **20.000m bane** |  |  |  |  |  |  |
| M30 | **1.39.17,6** | Jacob Sørensen | 1974 | Sdr. Omme IF | 11.09.04 | Stockholm, SWE |
| M35 | **1.41.20,0** | Leif Christensen | 1943 | AIF Phønix | 26.07.80 | Sdr. Omme |
| M40 | **1.39.27,0** | Stanislaw Barburzynski | 1944 | Sdr. Omme IF | 21.09.85 | Tåstrup |
| M45 | **1.50.54,5** | Slobodan Radovic | 1941 | AIF Phønix | 02.09.89 | Århus |
|  |  |  |  |  |  |  |
| **25.000m bane** |  |  |  |  |  |  |
| M30 | **2.14.41,0** | Aksel V. Bendtsen | 1958 | MK Nørrevang | 26.09.92 | Østerbro |
| M35 | **2.08.55,1** | Mogens Corfitz | 1952 | GK Troja | 30.07.88 | Rotterdam, NED |
| M40 | **2.24.58,0** | Jens Krogsgård | 1950 | Sdr. Omme IF | 26.09.92 | Østerbro |
|  |  |  |  |  |  |  |
| **30.000m bane** |  |  |  |  |  |  |
| M30 | **2.42.11,0** | Aksel V. Bendtsen | 1958 | MK Nørrevang | 26.09.92 | Østerbro |
| M35 | **2.36,10,6** | Mogens Corfitz | 1952 | GK Troja | 30.07.88 | Rotterdam, NED |
| M40 | **2.55.33,0** | Jens Krogsgård | 1950 | Sdr. Omme IF | 26.09.92 | Østerbro |
|  |  |  |  |  |  |  |
| **35.000m bane** |  |  |  |  |  |  |
| M30M35 | **3.10.20,0****3.08.22,0** | Aksel V. BendtsenAksel V. Bendtsen | 19581958 | MK NørrevangMK Nørrevang | 26.09.9210.09.94 | ØsterbroStockholm, SWE |
| M40 | **3.28.33,0** | Jens Krogsgård | 1950 | Sdr. Omme IF | 26.09.92 | Østerbro |
|  |  |  |  |  |  |  |
| **40.000m bane** |  |  |  |  |  |  |
| M30 | **3.39.22,0** | Aksel V. Bendtsen | 1958 | MK Nørrevang | 26.09.92 | Østerbro |
| M35 | **3.37.27,0** | Aksel V. Bendtsen | 1958 | MK Nørrevang | 10.09.94 | Stockholm, SWE |
| M40 | **4.02.23,0** | Jens Krogsgård | 1950 | Sdr. Omme IF | 26.09.92 | Østerbro |
|  |  |  |  |  |  |  |
| **50.000m bane** |  |  |  |  |  |  |
| M30 | **4.38.24,1** | Aksel V. Bendtsen | 1958 | MKN Randers | 26.09.92 | Østerbro |
| M35 | **4.38.21,0** | Aksel V. Bendtsen | 1958 | MKN Randers | 10.09.94 | Stockholm, SWE |
| M40 | **4.50.13,8** | Harry Kristensen | 1915 | IF Freja | 14.10.56 | Odense |
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| **5km landevej** |  |  |  |  |  |  |
| M30 | **21.39** | Arturo Santillan | 1968 | KIF  | 28.04.01 | Vallensbæk |
| M35 | **21.57** | Leif Christensen | 1943 | AIF Phønix | 13.04.80 | Russe, BUL |
| M40 | **22.15** | Leif Christensen | 1943 | AIF Phønix | 05.08.83 | Valby |
| M45 | **25.25** | Felix Gomez | 1955 | Postens MF Århus | 06.05.00 | Vallensbæk |
| M50 | **25.31** | Thomas Christensen | 1968 | Phønix/VI39 | 07.08.21 | Valby |
| M55 | **24.29** | Claus Hechmann | 1964 | Team Hechmann Sport | 16.09.23 | Valby |
| M60 | **28.37** | Helge Bech | 1929 | Alugod | 23.06.90 | Sdr. Omme |
| M65 | **31.05** | Helge Bech | 1929 | Phønix/VI39 | 06.09.97 | Århus |
| M70 | **32.36** | Helge Bech | 1929 | Phønix/VI39 | 02.09.00  | Tranbjerg |
| M75 | **34.07** | Helge Bech | 1929 | Phønix/VI39 | 30.04.05  | Odense |
|  |  |  |  |  |  |  |
| **10km landevej** |  |  |  |  |  |  |
| M30 | **43.32** | Arturo Santillan | 1968 | KIF  | 28.04.01 | Vallensbæk |
| M35 | **43.16** | Leif Christensen | 1943 | AIF Phønix | 10.05.80 | Valby |
| M40 | **44.49** | Leif Christensen | 1943 | AIF Phønix | 05.08.83 | Valby |
| M45M50 | **48.53****52.22** | Leif ChristensenHarry Kristensen | 19431915 | AIF PhønixIF Freja | 01.06.8831.07.65 | ValbyOdense |
| M55 | **51.30** | Claus Hechmann | 1964 | Team Hechmann Sport | 16.09.23 | Valby |
| M60 | **56.52** | Ole David Jensen | 1943 | KIF  | 21.04.04 | Auckland, NZL |
| M65 | **67.32** | Ole David Jensen | 1943 | KIF | 30.05.09 | Århus |
|  | **67.32** | Peer A. Jensen | 1957 | Phønix/VI39 | 16.09.23 | Valby |
| M70 | **65.45** | Holger Dibbern | 1917 | Gladsaxe GK | 16.09.87  | Valby |
| M75 | **70.13** | Helge Bech | 1929 | Phønix/VI39 | 10.03.05  | Eskilstuna, SWE |
|  |  |  |  |  |  |  |
| **15km landevej** |  |  |  |  |  |  |
| M30 | **1.08.05** | Jacob Sørensen | 1974 | Sdr. Omme IF | 17.04.04 | Odense |
| M35 | **1.05.34** | Leif Christensen | 1943 | AIF Phønix | 10.05.80 | Valby |
| M40 | **1.08.11** | Leif Christensen | 1943 | AIF Phønix | 05.08.83 | Valby |
| M45 | **1.18.42** | Slobodan Radovic | 1941 | AIF Phønix | 23.05.88 | Valby |
| M50 | **1.19.20** | Harry Kristensen | 1915 | IF Freja | 31.07.65 | Odense |
| M55 | **1.23.55** | Ole David Jensen | 1943 | KIF | 26.09.98 | Valby |
| M60 | **1.29.18** | Ole David Jensen | 1943 | KIF | 29.07.04 | Århus |
|  |  |  |  |  |  |  |
| **20km landevej** |  |  |  |  |  |  |
| M30 | **1.31.05** | Jacob Sørensen | 1974 | Sdr. Omme IF | 22.05.04 | Vallensbæk |
| M35 | **1.28.25** | Leif Christensen | 1943 | AIF Phønix | 13.04.80  | Russe, BUL |
| M40 | **1.31.40** | Leif Christensen | 1943 | AIF Phønix | 05.08.83 | Valby |
| M45 | **1.42.26** | Leif Christensen | 1943 | AIF Phønix | 03.07.92 | Søgne, NOR |
| M50 | **1.48.39** | Harry Kristensen | 1915 | IF Freja | 15.08.65 | Odense |
| M55 | **1.53.15** | Ole David Jensen | 1943 | KIF  | 26.09.98 | Valby |
| M60 | **1.59.55** | Ole David Jensen | 1943 | KIF  | 29.07.04  | Århus |
| M65 | **2.07.05** | Bengt Christoffersen | 1926 | KIF  | 03.07.92  | Søgne, NOR |
| M70 | **2.19.32** | Helge Bech | 1929 | Phønix/VI39 | 14.07.00 | Jyväskyla, FIN |
| M75 | **2.38.05** | Bengt Christoffersen | 1926 | KIF  | 21.08.02  | Potsdam, GER |
|  |  |  |  |  |  |  |
| **25km landevej** |  |  |  |  |  |  |
| M30 | **1.59.02** | Jacob Sørensen | 1974 | Sdr. Omme IF | 01.05.04 | Naumburg, GER |
| M35 | **1.50.35** | Leif Christensen | 1943 | AIF Phønix | 05.04.80 | Sdr. Omme |
| M40 | **2.09.34** | Leif Christensen | 1943 | AIF Phønix | 16.07.83 | Valby |
| M45 | **2.15.55** | Slobodan Radovic | 1941 | AIF Phønix | 13.06.87 | Randers |
| M50 | **2.23.54** | Harry Kristensen | 1915 | IF Freja | 25.06.66 | Odense |
| M55 | **2.29.18** | Ole David Jensen | 1943 | KIF | 01.07.00 | Brabrand |
| M60 | **2.37.12** | Ole David Jensen | 1943 | KIF | 19.06.04 | Valby |
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| **30km landevej** |  |  |  |  |  |  |
| M30 | **2.22.30** | Jacob Sørensen | 1974 | Sdr. Omme IF | 27.06.04 | Dublin, IRL |
| M35 | **2.25.22** | Leif Christensen | 1943 | AIF Phønix | 15.06.80 | Odense |
| M40 | **2.36.00** | Leif Christensen | 1943 | AIF Phønix | 16.07.83 | Valby |
| M45 | **2.45.17** | Slobodan Radovic | 1941 | AIF Phønix | 13.06.87 | Randers |
| M50 | **2.53.53** | Harry Kristensen | 1915 | IF Freja | 23.10.66  | Gentofte |
| M55 | **2.54.51** | Ole David Jensen | 1943 | KIF | 10.04.99  | Århus |
| M60 | **3.15.02** | Ole David Jensen | 1943 | KIF | 19.06.04  | Valby |
|  |  |  |  |  |  |  |
| **35km landevej** |  |  |  |  |  |  |
| M30 | **3.03.46** | Hans Christensen | 1966 | GK Troja | 12.03.00 | St.Oedenrode, NED |
| M35 | **2.58.16** | Leif Christensen | 1943 | AIF Phønix | 26.04.80 | Valby |
| M40 | **3.06.27** | Leif Christensen | 1943 | AIF Phønix | 16.07.83 | Valby |
| M45 | **3.17.37** | Slobodan Radovic | 1941 | AIF Phønix | 26.07.86 | Tåstrup |
| M50 | **3.23.40** | Harry Kristensen | 1915 | IF Freja  | 30.10.66 | Odense |
| M55 | **3.45.16** | Claus Hechmann | 1964 | Team Hechmann Sport | 06.10.19 | Tilburg, NED |
|  |  |  |  |  |  |  |
| **40km landevej** |  |  |  |  |  |  |
| M30 | **3.40.58** | Ole David Jensen | 1943 | KIF | 17.06.73 | Klampenborg |
| M35 | **3.29.43** | Leif Christensen | 1943 | AIF Phønix | 26.04.80 | Valby |
| M40 | **3.40.23** | Leif Christensen | 1943 | AIF Phønix | 16.07.83 | Valby |
| M45 | **3.38.53** | Harry Kristensen | 1915 | IF Freja | 31.07.60 | Odense |
| M50 | **3.54.26** | Harry Kristensen | 1915 | IF Freja | 30.10.66 | Odense |
| M55 | **4.20.48** | Claus Hechmann | 1964 | Team Hechmann Sport | 16.10.19 | Tilburg, NED |
|  |  |  |  |  |  |  |
| **50km landevej** |  |  |  |  |  |  |
| M30 | **4.39.07** | Viggo Ingvorsen | 1912 | Sparta | 15.08.43 | Østerbro |
| M35 | **4.32.22** | Mogens Corfitz | 1952 | GK Troja | 09.04.88 | Sdr. Omme |
| M40 | **4.39.59** | Harry Kristensen | 1915 | IF Freja | 08.09.57 | Sdr. Omme |
| M45 | **4.42.00** | Harry Kristensen | 1915 | IF Freja | 31.07.60 | Odense |
| M50 | **4.59.02** | Harry Kristensen | 1915 | IF Freja | 30.10.66 | Odense |
| M55 | **5.06.52** | Jørgen Larsen | 1933 | Sdr. Omme IF | 30.10.88 | Rivera, SCH |
|  |  |  |  |  |  |  |