|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Danske Masters rekorder****Kapgang, Kvinder:** |  | *(opdateret 6.11.23)* |  |  |
|  |  |  |  |  |  |
| **Distance** |  |  |  |  |  |  |
| **Aldersgruppe** | **Tid** | **Navn** | **Årg.** | **Klub** | **Dato** | **Sted** |
|  |  |  |  |  |  |  |
| **3.000m inde** |  |  |  |  |  |  |
| K30 | **14.16,0** | Karin Jensen | 1961 | Sdr. Omme IF | 24.02.91 | Århus |
| K35 | **17.03,3** | Nina Neyra | 1971 | Sparta | 07.03.09 | Skive |
| K40 | **19.01,5** | Dorte Hansson | 1961 | GK Frem 2000 | 15.03.03 | Göteborg, SWE |
| K45 | **18.37,0** | Ulla Kristiansen | 1960 | Sdr. Omme IF | 11.03.06 | Århus |
| K50 | **20.48,05** | Helle Jensen | 1963 | Ballerup AK | 18.02.17 | Skive |
| K55 | **20.03.03** | Helle Jensen | 1963 | Ballerup AK | 16.02.19 | Skive |
|  |  |  |  |  |  |  |
| **3.000m bane** |  |  |  |  |  |  |
| K30 | **14.22,82** | Lene Cassidy | 1951 | GK Troja | 21.07.84 | Lyngby |
| K35 | **16.05,18** | Nadia Jin Storm | 1984 | Phønix/VI-39 kapgang | 27.08.22 | Ballerup |
| K40 | **16.53,93** | Gunhild Kristiansen | 1963 | Sdr. Omme IF | 10.08.03 | Hvidovre |
| K45 | **19.01,0** | Karin M. Thomsen | 1950 | Sdr. Omme IF | 19.08.95 | Århus |
| K50 | **20.22,8** | Ulla Kristiansen | 1960 | Sdr. Omme IF | 30.06.12  | Sdr. Omme |
| K55 | **20.19,1** | Helle Jensen | 1963 | Ballerup AK | 17.10.20 | Ballerup |
| K60 | **21.30.38** | Karin M. Thomsen | 1950 | Sdr. Omme IF | 15.09.13 | Flensburg, GER |
|  |  |  |  |  |  |  |
| **5.000m bane** |  |  |  |  |  |  |
| K30 | **23.55,3** | Karin Jensen | 1961 | Sdr. Omme IF | 07.09.91 | Århus |
| K35 | **27.50,3** | Gunhild Kristiansen | 1963 | Sdr. Omme IF | 08.08.98 | Bagsværd |
| K40 | **31.47,9** | Dorte Hansson | 1961 | GK Frem 2000 | 03.08.03 | Odense |
| K45 | **30.29,4** | Karin M. Thomsen | 1950 | Sdr. Omme IF | 09.09.95 | Århus |
| K50 | **34.54,8** | Helle Jensen | 1963 | Ballerup AK | 08.10.17 | Odense |
| K55 | **34.26,7** | Helle Jensen | 1963 | Ballerup AK | 18.09.21 | Østerbro |
|  |  |  |  |  |  |  |
| **10.000m bane** |  |  |  |  |  |  |
| K30 | **48.38,0** | Karin Jensen | 1961 | Sdr. Omme IF | 15.05.91 | Weert, NED |
| K35 | **66.57,0** | Lene Cassidy | 1951 | Allerød GK | 11.04.87 | Tåstrup |
|  |  |  |  |  |  |  |

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| **3km landevej** |  |  |  |  |  |  |
| K30 | **14.10** | Karin Jensen | 1961 | Sdr. Omme IF | 25.05.91 | Odense |
| K35 | **23.10** | Natalia Bartch | 1968 | Postens MF Århus | 11.10.03 | Valby |
| K40 | **17.37** | Nina Neyra | 1971 | Sparta | 03.05.08 | Vallensbæk |
| K45 | **vakant** |  |  |  |  |  |
| K50 | **20.54** | Stine Omel Andersen | 1969 | Phønix/VI39 | 04.11.23 | Sorø |
| K55 | **22.00** | Helle Jensen | 1963 | Ballerup AK | 02.09.20 | Vallensbæk |
|  |  |  |  |  |  |  |
| **5km landevej** |  |  |  |  |  |  |
| K30 | **23.47** | Karin Jensen | 1961 | Sdr. Omme IF | 25.05.91 | Odense |
| K35 | **28.48** | Gunhild Kristiansen | 1963 | Sdr. Omme IF | 02.05.98 | Vallensbæk |
| K40 | **31.29** | Dorte Hansson | 1961 | GK Frem 2000  | 25.10.03 | Østerbro |
| K45 | **31.49** | Karin M. Thomsen | 1950 | Sdr. Omme IF  | 10.09.95 | Harridslev |
| K50 | **34.37** | Stine Omel Andersen | 1969 | Phønix/VI39 | 04.11.23 | Sorø |
| K55 | **34.13** | Helle Jensen | 1963 | Ballerup AK | 23.09.18 | Odense |
| K60 | **vakant** |  |  |  |  |  |
| K65 | **39.44** | Esther Jensen | 1920 | AIF Phønix | 22.05.85 | Valby |
|  |  |  |  |  |  |  |
| **10km landevej** |  |  |  |  |  |  |
| K30 | **48.31** | Karin Jensen | 1961 | Sdr. Omme IF | 14.09.91 | Trosa, SWE |
| K35 | **64.35** | Pia M. Christensen | 1968 | GK Frem 2000 | 03.05.03 | Vallensbæk |
| K40 | **67.44** | Dorte Hansson | 1961 | GK Frem 2000 | 03.05.03  | Vallensbæk |
| K45 | **vakant** |  |  |  |  |  |
| K50 | **72.45** | Helle Jensen | 1963 | Ballerup AK | 06.05.17 | Vallensbæk |
| K55 | **70.28** | Helle Jensen | 1963 | Ballerup AK | 05.09.20 | Vallensbæk |
|  |  |  |  |  |  |  |
| **15km landevej** |  |  |  |  |  |  |
| K30 | **1.20.32** | Karin Jensen | 1961 | Sdr. Omme IF | 06.10.91 | Sdr. Omme |
| K35 | **vakant** |  |  |  |  |  |
| K40 | **vakant** |  |  |  |  |  |
| K45 | **vakant** |  |  |  |  |  |
| K50 | **vakant** |  |  |  |  |  |
| K55 | **1.51.48** | Helle Jensen | 1963 | Ballerup AK | 07.08.21 | Valby |
|  |  |  |  |  |  |  |
| **20km landevej** |  |  |  |  |  |  |
| K30 | **1.49.00** | Karin Jensen | 1961 | Sdr. Omme IF | 06.10.91 | Sdr. Omme |
| K35 | **vakant** |  |  |  |  |  |
| K40 | **vakant** |  |  |  |  |  |
| K45 | **vakant** |  |  |  |  |  |
| K50 | **vakant** |  |  |  |  |  |
| K55 | **2.30.54** | Helle Jensen | 1963 | Ballerup AK | 07.08.21 | Valby |
|  |  |  |  |  |  |  |