

## Per Hviids løbs-CV

### Antal officielle løb

Gennemført 1

Antal løb	Distance	Total
5		68 Parkrun
7,532		14 Dansk mil
10		28
13,3		11 Eremitageløbet
15		5
21,0975		43
42,195		251

### PR

Gennemført 1

Distance	Dato	Værdier PR tid	Tempo
<b>5</b>	02-11-2013		00:18:33 00:03:43
	14-03-2015		00:18:33 00:03:43
<b>7,532</b>	01-06-2015		00:28:20 00:03:46
<b>10</b>	06-05-2015		00:37:13 00:03:43
<b>13,3</b>	06-10-2013		00:49:53 00:03:45
<b>15</b>	30-10-2016		01:01:33 00:04:06
<b>21,0975</b>	13-09-2015		01:22:40 00:03:55
<b>42,195</b>	29-09-2013		02:52:40 00:04:06

### Fordeling af sluttider på maratondistancen

Gennemført 1  
Distance 42,195

Tidsinterval	Værdier Antal	%-fordeling
<3:00	17	7%
3:00-3:15	55	22%
3:15-3:30	73	29%
3:30-3:45	48	19%
3:45-4:00	36	14%
>4:00	22	9%

## Detaljer - kronologisk

Gennemført 1

Distance	Dato	Løb	Land	Værdier	
				Sluttid	Tempo
5	26-10-2013	Parkrun	DK	00:18:36	00:03:43
	02-11-2013	Parkrun	DK	00:18:33	00:03:43
	30-11-2013	Parkrun	DK	00:18:47	00:03:45
	15-03-2014	Parkrun	DK	00:19:33	00:03:55
	22-03-2014	Parkrun	DK	00:18:47	00:03:45
	05-04-2014	Parkrun	DK	00:18:39	00:03:44
	19-04-2014	Parkrun	DK	00:18:55	00:03:47
	03-05-2014	Parkrun	DK	00:19:20	00:03:52
	01-11-2014	Parkrun	DK	00:19:03	00:03:49
	29-11-2014	Parkrun	DK	00:19:32	00:03:54
	13-12-2014	Parkrun	DK	00:19:22	00:03:52
	21-02-2015	Parkrun	DK	00:19:33	00:03:55
	14-03-2015	Parkrun	DK	00:18:33	00:03:43
	21-03-2015	Parkrun	DK	00:18:58	00:03:48
	04-04-2015	Parkrun	DK	00:20:04	00:04:01
	06-06-2015	Parkrun	DK	00:18:38	00:03:44
	04-07-2015	Parkrun	DK	00:19:00	00:03:48
	25-07-2015	Parkrun	US	00:19:32	00:03:54
	08-08-2015	Parkrun	DK	00:19:31	00:03:54
	07-11-2015	Parkrun	DK	00:19:17	00:03:51
	14-11-2015	Parkrun	DK	00:19:53	00:03:59
	21-11-2015	Parkrun	DK	00:20:33	00:04:07
	05-12-2015	Parkrun	DK	00:19:18	00:03:52
	19-12-2015	Parkrun	DK	00:18:53	00:03:47
	02-01-2016	Parkrun	DK	00:20:03	00:04:01
	12-03-2016	Parkrun	DK	00:21:18	00:04:16
	19-03-2016	Parkrun	DK	00:20:38	00:04:08
	09-04-2016	Parkrun	DK	00:20:46	00:04:09
	30-04-2016	Parkrun	DK	00:20:32	00:04:06
	07-05-2016	Parkrun	DK	00:19:24	00:03:53
	14-05-2016	Parkrun	DK	00:19:16	00:03:51
	28-05-2016	Parkrun	DK	00:18:58	00:03:48
	11-06-2016	Parkrun	DK	00:19:13	00:03:51
	16-07-2016	Parkrun	DK	00:19:30	00:03:54
	23-07-2016	Parkrun	DK	00:20:15	00:04:03
	27-08-2016	Parkrun	DK	00:19:31	00:03:54
	10-09-2016	Parkrun	DK	00:19:05	00:03:49
	01-10-2016	Parkrun	DK	00:19:21	00:03:52
	29-10-2016	Parkrun	DK	00:19:21	00:03:52
	05-11-2016	Parkrun	DK	00:19:20	00:03:52
	03-12-2016	Parkrun	DK	00:19:47	00:03:57
	24-12-2016	Parkrun	DK	00:20:17	00:04:03
07-01-2017	Parkrun	DK	00:19:55	00:03:59	
14-01-2017	Parkrun	DK	00:19:35	00:03:55	
21-01-2017	Parkrun	DK	00:19:30	00:03:54	
28-01-2017	Parkrun	DK	00:19:41	00:03:56	
04-03-2017	Parkrun	DK	00:20:25	00:04:05	
11-03-2017	Parkrun	DK	00:19:32	00:03:54	
18-03-2017	Parkrun	DK	00:20:40	00:04:08	
25-03-2017	Parkrun	DK	00:19:48	00:03:58	
15-04-2017	Parkrun	DK	00:20:18	00:04:04	
29-04-2017	Parkrun	DK	00:20:44	00:04:09	
06-05-2017	Parkrun	DK	00:18:51	00:03:46	
13-05-2017	Parkrun	DK	00:19:00	00:03:48	
20-05-2017	Parkrun	DK	00:21:30	00:04:18	

Distance	Dato	Løb	Land	Sluttid	Tempo	
5	03-06-2017	Parkrun	DK	00:21:12	00:04:14	
	10-06-2017	Parkrun	DK	00:18:36	00:03:43	
	17-06-2017	Parkrun	DK	00:18:55	00:03:47	
	08-07-2017	Parkrun	DK	00:18:38	00:03:44	
	12-08-2017	Parkrun	DK	00:18:53	00:03:47	
	19-08-2017	Parkrun	DK	00:20:53	00:04:11	
	29-07-2017	Parkrun	DK	00:19:24	00:03:53	
	02-09-2017	Parkrun	DK	00:19:06	00:03:49	
	16-09-2017	Parkrun	DK	00:21:04	00:04:13	
	30-09-2017	Parkrun	DK	00:19:08	00:03:50	
	01-07-2017	Parkrun	DK	00:18:56	00:03:47	
	28-10-2017	Parkrun	DK	00:21:10	00:04:14	
	04-11-2017	Parkrun	DK	00:19:02	00:03:48	
	7,532	13-04-2015	Christianshavnermilien	DK	00:29:10	00:03:52
01-06-2015		Christianshavnermilien	DK	00:28:20	00:03:46	
06-07-2015		Christianshavnermilien	DK	00:30:19	00:04:02	
07-09-2015		Christianshavnermilien	DK	00:29:04	00:03:52	
02-05-2016		Christianshavnermilien	DK	00:30:28	00:04:03	
06-06-2016		Christianshavnermilien	DK	00:29:33	00:03:55	
04-07-2016		Christianshavnermilien	DK	00:29:54	00:03:58	
05-09-2016		Christianshavnermilien	DK	00:30:01	00:03:59	
03-10-2016		Christianshavnermilien	DK	00:29:25	00:03:54	
01-05-2017		Christianshavnermilien	DK	00:29:39	00:03:56	
12-06-2017		Christianshavnermilien	DK	00:29:15	00:03:53	
03-07-2017		Christianshavnermilien	DK	00:29:32	00:03:55	
04-09-2017		Christianshavnermilien	DK	00:29:03	00:03:51	
02-10-2017		Christianshavnermilien	DK	00:29:54	00:03:58	
10		10-09-2006	Skovsyreløbet	DK	00:42:18	00:04:14
		24-09-2006	Friløbet	DK	00:40:29	00:04:03
		02-09-2007	Skovsyreløbet	DK	00:41:48	00:04:11
	23-09-2007	Friløbet	DK	00:40:50	00:04:05	
	01-02-2009	Nike Marathontest 1	DK	00:40:37	00:04:04	
	04-07-2012	MINI Strandparkløb	DK	00:38:55	00:03:53	
	02-05-2013	Mini City Løb	DK	00:37:53	00:03:47	
	14-06-2013	Burntest	DK	00:37:20	00:03:44	
	02-07-2013	MINI Strandparkløb	DK	00:38:19	00:03:50	
	15-08-2013	Mini Havneløb	DK	00:39:29	00:03:57	
	06-09-2013	Roskilde Gadeløb	DK	00:41:03	00:04:06	
	22-09-2013	Friløbet	DK	00:42:59	00:04:18	
	30-04-2014	Mini City Løb	DK	00:38:43	00:03:52	
	13-06-2014	Nike Mandeløb	DK	00:37:45	00:03:47	
	02-07-2014	MINI Strandparkløb	DK	00:38:41	00:03:52	
	14-08-2014	Mini City Løb	DK	00:41:02	00:04:06	
	21-09-2014	Friløbet	DK	00:38:21	00:03:50	
	06-05-2015	Mini City Løb	DK	00:37:13	00:03:43	
	19-06-2015	Københavns Mandeløb	DK	00:37:43	00:03:46	
	13-08-2015	Mini Havneløb	DK	00:39:05	00:03:55	
	20-09-2015	Friløbet	DK	00:37:51	00:03:47	
	10-05-2016	BMW City Løb	DK	00:40:07	00:04:01	
	05-07-2016	BMW Strandparkløb	DK	00:40:17	00:04:02	
	29-01-2017	Nike Test 1	DK	00:40:14	00:04:01	
	10-05-2017	Cityløbet	DK	00:38:30	00:03:51	
	29-06-2017	BMW Strandparkløb	DK	00:40:05	00:04:01	
	03-08-2017	BMW Havneløb	DK	00:40:33	00:04:03	
	22-08-2017	Kastelløbet	DK	00:40:55	00:04:05	
	13,3	09-10-2005	Eremitageløbet	DK	01:00:20	00:04:32
		08-10-2006	Eremitageløbet	DK	00:55:37	00:04:11
		07-10-2007	Eremitageløbet	DK	00:53:43	00:04:02
		05-10-2008	Eremitageløbet	DK	00:51:40	00:03:53
		04-10-2009	Eremitageløbet	DK	00:52:30	00:03:57

Distance	Dato	Løb	Land	Sluttid	Tempo
13,3	10-10-2010	Eremitageløbet	DK	00:51:33	00:03:53
	07-10-2012	Eremitageløbet	DK	00:51:58	00:03:54
	06-10-2013	Eremitageløbet	DK	00:49:53	00:03:45
	05-10-2014	Eremitageløbet	DK	00:53:01	00:03:59
	09-10-2016	Eremitageløbet	DK	00:53:27	00:04:01
	08-10-2017	Eremitageløbet	DK	00:52:07	00:03:55
15	11-03-2007	Nike Marathontest 2	DK	01:03:34	00:04:14
	09-03-2008	Nike Marathontest 2	DK	01:05:24	00:04:22
	08-03-2009	Nike Marathontest 2	DK	01:04:16	00:04:17
	30-10-2016	Nike Marathon Start Op	DK	01:01:33	00:04:06
	29-10-2017	Nike Marathon Start Up	DK	01:02:21	00:04:09
21,0975	01-10-2006	Powerade Copenhagen Half Marathon	DK	01:29:22	00:04:14
	15-04-2007	Nike Marathontest 3	DK	01:29:33	00:04:15
	30-03-2008	Den Grønne Halvmarathon	DK	01:34:10	00:04:28
	13-04-2008	Nike Marathontest 3	DK	01:29:22	00:04:14
	27-04-2008	B.T. Halvmarathon	DK	01:29:57	00:04:16
	19-04-2009	Nike Marathontest 3	DK	01:33:03	00:04:25
	26-04-2009	B.T. Halvmarathon	DK	01:51:46	00:05:18
	25-04-2010	B.T. Halvmarathon	DK	01:28:48	00:04:13
	12-09-2010	Copenhagen Halfmarathon	DK	01:26:32	00:04:06
	07-11-2010	Lufthavnen Rundt	DK	01:26:09	00:04:05
	27-03-2011	Griseløbet ½marathon	DK	01:30:41	00:04:18
	21-08-2011	Powerade Copenhagen Half Marathon	DK	01:26:52	00:04:07
	11-09-2011	Griseløbet ½marathon	DK	01:26:36	00:04:06
	01-04-2012	Berlin Halbmarathon	GE	01:27:54	00:04:10
	15-04-2012	Sparta Nike 3 test	DK	01:26:41	00:04:07
	28-04-2012	Egeskov Slotsløb Halvmarathon	DK	01:29:12	00:04:14
	06-05-2012	TV2 Øst Løbet Halvmarathon	DK	01:27:51	00:04:10
	02-06-2012	Landsbyløbet Halvmarathon	DK	01:25:33	00:04:03
	01-09-2012	Kirkebyløbet	DK	01:34:14	00:04:28
	09-09-2012	Powerade Copenhagen Half Marathon	DK	01:24:37	00:04:01
	15-09-2012	Å-løbet Halvmarathon	DK	01:23:57	00:03:59
	18-11-2012	Unicef Helsingør Marathon	DK	01:25:39	00:04:04
	07-04-2013	Berlin Halbmarathon	GE	01:22:50	00:03:56
	22-06-2013	!Solid Ørestadsløbet ½marathon	DK	01:24:18	00:04:00
	15-09-2013	Powerade Copenhagen Half Marathon	DK	01:23:40	00:03:58
	30-03-2014	Berlin Halbmarathon	GE	01:23:49	00:03:58
	06-04-2014	Ruderkongeløbet	DK	01:35:54	00:04:33
	21-04-2014	Helvede i Nord Halvmarathon	DK	01:49:15	00:05:11
	14-09-2014	Powerade Copenhagen Half Marathon	DK	01:23:04	00:03:56
	29-03-2015	Berlin Halbmarathon	GE	01:26:16	00:04:05
	19-04-2015	Nike 4 Halvmarathon	DK	01:22:43	00:03:55
	13-09-2015	Copenhagen Halfmarathon	DK	01:22:40	00:03:55
	13-03-2016	Sydkiøstløbet Halvmarathon	DK	01:45:08	00:04:59
	03-04-2016	Berlin Halbmarathon	GE	01:33:58	00:04:27
	10-04-2016	Ruderkongeløbet	DK	01:39:42	00:04:44
	01-05-2016	BT Halvmarathon	DK	01:30:28	00:04:17
	28-08-2016	De 3 Broer Halvmarathon	DK	01:30:31	00:04:17
	18-09-2016	Copenhagen Halfmarathon	DK	01:25:44	00:04:04
	02-04-2017	Berlin Halbmarathon	GE	01:25:11	00:04:02
	18-06-2017	Farum Sø Løb Halvmarathon	DK	01:31:23	00:04:20
	27-08-2017	De 3 Broer Halvmarathon	DK	01:32:13	00:04:22
	17-09-2017	Copenhagen Halfmarathon	DK	01:23:13	00:03:57
15-10-2017	Brooklyn Greenway Halfmarathon	US	01:24:29	00:04:00	
42,195	21-05-2005	Copenhagen Marathon	DK	03:26:10	00:04:53
	20-05-2007	Copenhagen Marathon	DK	03:22:43	00:04:48
	18-08-2007	Helsinki Marathon	FI	03:29:53	00:04:58
	29-10-2007	Dublin Marathon	IR	03:21:24	00:04:46
18-05-2008	Copenhagen Marathon	DK	03:07:09	00:04:26	
21-06-2008	Midnight Sun Marathon	NO	03:07:05	00:04:26	

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	16-08-2008	Helsinki Marathon	FI	03:03:56	00:04:22
	28-09-2008	Berlin Marathon	GE	02:58:22	00:04:14
	27-10-2008	Dublin Marathon	IR	03:05:29	00:04:24
	16-11-2008	Rudersdal Marathon	DK	04:00:00	00:05:41
	14-12-2008	Rudersdal Cannonball 1	DK	04:00:00	00:05:41
	31-12-2008	Socialmarathon, Amager	DK	03:46:23	00:05:22
	11-01-2009	Kalundborg Vintermarathon	DK	03:20:02	00:04:44
	22-03-2009	Rudersdal Marathon	DK	03:53:42	00:05:32
	28-03-2009	Sydkiøbet Marathon	DK	03:25:48	00:04:53
	13-04-2009	Rudersdal Cannonball 2	DK	04:07:10	00:05:51
	24-05-2009	Copenhagen Marathon	DK	03:04:41	00:04:23
	06-06-2009	Svalbard Marathon	NO	03:09:10	00:04:29
	14-06-2009	Storebælt Naturmaraton	DK	03:12:26	00:04:34
	20-06-2009	Kalundball Dobbeltmarathon 1	DK	03:16:26	00:04:39
	21-06-2009	Kalundball Dobbeltmarathon 2	DK	03:35:33	00:05:07
	21-07-2009	Rudersdal Cannonball 6	DK	04:10:21	00:05:56
	26-07-2009	Run For Love Marathon	DK	02:59:34	00:04:15
	15-08-2009	Helsinki Marathon	FI	03:19:50	00:04:44
	23-08-2009	Strandvejsmarathon	DK	03:57:46	00:05:38
	26-08-2009	Rudersdal Cannonball 9	DK	03:49:26	00:05:26
	20-09-2009	Berlin Marathon	GE	02:53:57	00:04:07
	27-09-2009	Rudersdal Cannonball 10	DK	03:58:49	00:05:40
	07-03-2010	Roskilde Marathon	DK	04:00:00	00:05:41
	27-03-2010	Sydkiøbet Marathon	DK	03:45:17	00:05:20
	01-04-2010	Ålsgårde Marathon	DK	03:49:16	00:05:26
	05-04-2010	Rudersdal Cannonball 19	DK	04:17:15	00:06:06
	09-05-2010	Prague Marathon	TJ	03:11:07	00:04:32
	23-05-2010	Copenhagen Marathon	DK	03:11:07	00:04:32
	05-06-2010	Stockholm Marathon	SE	03:25:19	00:04:52
	19-06-2010	Midnight Sun Marathon	NO	03:05:46	00:04:24
	03-07-2010	Greve Cannonball 7	DK	03:52:16	00:05:30
	07-07-2010	Ålsgårde Marathon	DK	04:04:35	00:05:48
	13-07-2010	Ålsgårde Marathon	DK	03:32:29	00:05:02
	14-08-2010	Helsinki Marathon	FI	04:02:19	00:05:45
	28-08-2010	Jerk Langers fødselsdagsmarathon	DK	03:41:27	00:05:15
	26-09-2010	Berlin Marathon	GE	03:02:28	00:04:19
	17-10-2010	Amsterdam Marathon	NL	02:58:47	00:04:14
	23-10-2010	Skodsborg Marathon	DK	04:00:57	00:05:43
	21-11-2010	Ålsgårde Marathon	DK	03:23:46	00:04:50
	11-12-2010	Skodsborg Marathon	DK	04:15:21	00:06:03
	18-12-2010	Skodsborg Marathon	DK	03:40:39	00:05:14
	23-12-2010	Skodsborg Marathon	DK	04:12:34	00:05:59
	09-01-2011	Kalundborg Vintermarathon	DK	03:40:13	00:05:13
	15-01-2011	Skodsborg Marathon	DK	03:50:32	00:05:28
	23-01-2011	Ålsgårde Marathon	DK	03:30:55	00:05:00
	29-01-2011	Skodsborg Marathon	DK	03:18:19	00:04:42
	06-02-2011	Ålsgårde Marathon	DK	03:23:52	00:04:50
	26-02-2011	Skodsborg Marathon	DK	03:50:08	00:05:27
	13-03-2011	Ålsgårde Marathon	DK	03:41:58	00:05:16
	03-04-2011	Sydkiøbet Marathon	DK	03:13:06	00:04:35
	17-04-2011	Madrid Marathon	ES	03:08:12	00:04:28
	08-05-2011	Düsseldorf Marathon	GE	03:06:48	00:04:26
22-05-2011	Copenhagen Marathon	DK	02:56:50	00:04:11	
25-09-2011	Berlin Marathon	GE	03:08:11	00:04:28	
22-10-2011	Beachy Head Marathon Eastbourne	UK	04:24:02	00:06:15	
20-05-2012	Copenhagen Marathon	DK	03:27:55	00:04:56	
17-06-2012	Storebælt Naturmaraton	DK	03:42:55	00:05:17	
14-07-2012	Stockholm 100 yr Jubilee Marathon	SE	03:18:49	00:04:43	
02-08-2012	Ålsgårde Marathon	DK	03:35:57	00:05:07	
25-08-2012	Jerk Langers fødselsdagsmarathon	DK	03:20:44	00:04:45	

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	22-09-2012	Fokus Bank Oslo Marathon	NO	03:01:35	00:04:18
	30-09-2012	Berlin Marathon	GE	03:09:07	00:04:29
	14-10-2012	München Marathon	GE	02:56:34	00:04:11
	21-10-2012	Ålsgårde Marathon	DK	03:06:14	00:04:25
	04-11-2012	Skovmarathon	DK	03:07:10	00:04:26
	11-11-2012	Rudersdal Marathon	DK	03:58:07	00:05:39
	25-11-2012	Ø-marathon	DK	03:13:33	00:04:35
	02-12-2012	Vestvoldsmarathon	DK	03:23:59	00:04:50
	08-12-2012	Damhus Marathon	DK	03:07:56	00:04:27
	15-12-2012	Vigersted Marathon	DK	03:36:11	00:05:07
	23-12-2012	Skodsborg Marathon	DK	03:26:19	00:04:53
	26-12-2012	Vigersted Marathon	DK	03:27:51	00:04:56
	29-12-2012	Damhus Marathon	DK	03:17:59	00:04:42
	31-12-2012	Socialmarathon, Amager	DK	04:01:59	00:05:44
	06-01-2013	Fredskov Marathon	DK	03:11:22	00:04:32
	12-01-2013	Ø-marathon	DK	03:03:33	00:04:21
	19-01-2013	Damhus Marathon	DK	03:12:13	00:04:33
	26-01-2013	Fredskov Marathon	DK	03:09:58	00:04:30
	27-01-2013	Skodsborg Marathon	DK	03:52:06	00:05:30
	02-02-2013	Damhus Marathon	DK	03:14:30	00:04:37
	23-02-2013	Fredskov Marathon	DK	03:15:32	00:04:38
	02-03-2013	Damhus Marathon	DK	03:39:50	00:05:13
	09-03-2013	Frederiksberg Marathon	DK	03:23:44	00:04:50
	17-03-2013	Sydkiøstløbet Marathon	DK	03:11:52	00:04:33
	23-03-2013	Running2venus Marathon	DK	03:44:29	00:05:19
	29-03-2013	Ø-marathon	DK	03:07:07	00:04:26
	31-03-2013	Fredskov Marathon	DK	03:24:52	00:04:51
	13-04-2013	Fredskov Marathon	DK	03:07:50	00:04:27
	21-04-2013	Skodsborg Marathon	DK	03:27:08	00:04:55
	28-04-2013	Kyiv Marathon	UKR	03:07:52	00:04:27
	05-05-2013	Frederiksberg Marathon	DK	03:10:18	00:04:31
	09-05-2013	Ø-marathon Double 1	DK	03:17:37	00:04:41
	10-05-2013	Ø-marathon Double 2	DK	03:51:33	00:05:29
	19-05-2013	Copenhagen Marathon	DK	02:59:46	00:04:16
	26-05-2013	Fredskov Marathon	DK	03:57:09	00:05:37
	08-06-2013	Running2venus Marathon	DK	03:15:49	00:04:38
	16-06-2013	Storebælt Naturmaraton	DK	03:12:40	00:04:34
	29-06-2013	Ø-marathon	DK	03:07:16	00:04:26
	12-07-2013	Fredskov Marathon	DK	03:34:39	00:05:05
	14-07-2013	Fredskov Marathon	DK	03:21:45	00:04:47
	03-08-2013	Skinnermaraton	DK	03:45:50	00:05:21
	10-08-2013	Skinnermaraton	DK	03:26:06	00:04:53
	26-08-2013	DHL Ø-marathon	DK	03:47:56	00:05:24
	28-08-2013	DHL Ø-marathon	DK	03:22:52	00:04:48
	01-09-2013	Running2venus Marathon	DK	03:29:23	00:04:58
	21-09-2013	Oslo Marathon	NO	03:19:08	00:04:43
	29-09-2013	Berlin Marathon	GE	02:52:40	00:04:06
	13-10-2013	Budapest Marathon	HU	02:59:45	00:04:16
	27-10-2013	Damhus Marathon	DK	03:07:40	00:04:27
	03-11-2013	Skovmarathon	DK	03:12:00	00:04:33
	10-11-2013	Rudersdal Marathon	DK	04:05:00	00:05:48
	16-11-2013	Unter Tage Sparkassen Marathon	GE	03:40:27	00:05:13
01-12-2013	Skinner Marathon, Flyvestation Værløse	DK	03:39:47	00:05:13	
08-12-2013	Damhus Marathon	DK	03:24:41	00:04:51	
14-12-2013	Ø-Marathon (æbleskivemarathon)	DK	03:04:56	00:04:23	
23-12-2013	Skodsborg Marathon	DK	03:28:14	00:04:56	
26-12-2013	Ø-Marathon (løb juleflæsket af)	DK	03:38:44	00:05:11	
29-12-2013	Hornbæk Marathon	DK	03:57:19	00:05:37	
04-01-2014	Ø-Marathon	DK	03:28:44	00:04:57	
11-01-2014	Vestvoldsmarathon	DK	03:24:09	00:04:50	

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	19-01-2014	Vornæs Rundt Marathon	DK	03:17:17	00:04:41
	22-02-2014	Midt i Marathon Sorø	DK	03:38:03	00:05:10
	01-03-2014	Damhus Marathon	DK	03:16:32	00:04:39
	08-03-2014	Midt i Marathon Sorø	DK	03:13:47	00:04:36
	16-03-2014	Sydkiøbet Marathon	DK	03:25:47	00:04:53
	23-03-2014	Fredskov Marathon	DK	03:25:23	00:04:52
	13-04-2014	Vienna City Marathon	OS	02:54:28	00:04:08
	25-04-2014	Kanonkuglemarathon 1	DK	03:46:33	00:05:22
	10-05-2014	Ø-Marathon - 4*200	DK	03:26:13	00:04:53
	18-05-2014	Copenhagen Marathon	DK	02:59:37	00:04:15
	24-05-2014	Rundt Om Solen Marathon	DK	03:29:38	00:04:58
	29-05-2014	Rundt Om Solen Marathon	DK	03:19:31	00:04:44
	31-05-2014	Midt i Marathon Sorø	DK	03:21:54	00:04:47
	05-06-2014	Skodsborg Marathon - "Der er et yndigt land"	DK	03:27:35	00:04:55
	07-06-2014	Damhus Marathon	DK	03:23:07	00:04:49
	09-06-2014	Ø-Marathon - Solopgangsmarathon	DK	03:45:54	00:05:21
	14-06-2014	Hornbæk Marathon	DK	03:54:01	00:05:33
	21-06-2014	Midnight Sun Marathon	NO	03:02:04	00:04:19
	27-06-2014	Ø-marathon	DK	03:39:53	00:05:13
	06-07-2014	Skinnermaraton	DK	03:19:30	00:04:44
	12-07-2014	Skinnermaraton	DK	03:32:57	00:05:03
	02-08-2014	Rostock Nachtmarathon	GE	03:36:43	00:05:08
	09-08-2014	Skinnermaraton	DK	03:36:32	00:05:08
	15-08-2014	Skodsborg Marathon 1	DK	03:56:29	00:05:36
	23-08-2014	Rundt Om Solen Marathon	DK	03:37:43	00:05:10
	06-09-2014	Ø-marathon	FI	03:47:40	00:05:24
	28-09-2014	Berlin Marathon	GE	02:57:53	00:04:13
	12-10-2014	Poznan Marathon	PO	03:00:12	00:04:16
	18-10-2014	Brøderup Marathon	DK	03:34:44	00:05:05
	25-10-2014	Midt i Marathon Sorø	DK	03:19:44	00:04:44
	02-11-2014	Skovmarathon	DK	03:19:16	00:04:43
	15-11-2014	Unter Tage Sparkassen Marathon	GE	04:03:06	00:05:46
	30-11-2014	Holger Danske Marathon	DK	03:31:00	00:05:00
	06-12-2014	Midt i Marathon Sorø	DK	03:22:23	00:04:48
	07-12-2014	Ø-marathon	DK	03:56:38	00:05:36
	14-12-2014	Brøderup Marathon	DK	03:33:33	00:05:04
	20-12-2014	Fredskov Marathon	DK	03:18:33	00:04:42
	21-12-2014	Gåsetårn Julemarathon	DK	03:50:55	00:05:28
	23-12-2014	Skodsborg Marathon	DK	03:54:52	00:05:34
	26-12-2014	Kanonkugle Marathon	DK	03:55:51	00:05:35
	31-12-2014	Brøderup Marathon	DK	03:44:43	00:05:20
	14-01-2015	Ø-marathon (Per fylder 50 år - på dagen)	DK	03:31:02	00:05:00
	17-01-2015	Damhus Marathon (Per fylder 50 år)	DK	03:29:40	00:04:58
	25-01-2015	Haslev Marathon	DK	03:49:52	00:05:27
	31-01-2015	Vestvoldsmarathon	DK	03:43:15	00:05:17
	07-02-2015	Fredskov Marathon	DK	03:29:38	00:04:58
	11-02-2015	Ø-marathon	DK	03:31:08	00:05:00
	14-02-2015	Kanonkugle Marathon	DK	03:20:30	00:04:45
	22-02-2015	Brøderup Marathon	DK	03:18:16	00:04:42
	28-02-2015	Midt i Marathon Sorø	DK	03:16:16	00:04:39
	07-03-2015	Brøderup Marathon	DK	03:18:19	00:04:42
	15-03-2015	Midt i Marathon Sorø	DK	03:07:22	00:04:26
	22-03-2015	Fruens Bøge Forårsmarathon	DK	03:29:12	00:04:57
01-04-2015	Fitnessnation Marathon	DK	03:40:15	00:05:13	
03-04-2015	Hornbæk Marathon	DK	03:36:17	00:05:08	
05-04-2015	Brøderup Marathon	DK	03:34:03	00:05:04	
11-04-2015	Fredskov Marathon	DK	03:11:40	00:04:33	
26-04-2015	Hamburg Marathon	GE	03:03:29	00:04:21	
01-05-2015	Skodsborg Marathon	DK	03:28:41	00:04:57	
03-05-2015	Kanonkugle Marathon	DK	03:20:16	00:04:45	

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	09-05-2015	Kalundborg Marathon	DK	03:37:43	00:05:10
	14-05-2015	Street Commander Trailmarathon	DK	04:10:21	00:05:56
	17-05-2015	Gåsetårn Marathon	DK	03:16:51	00:04:40
	24-05-2015	Copenhagen Marathon	DK	02:55:34	00:04:10
	30-05-2015	Mølleå Marathon	DK	04:16:57	00:06:05
	05-06-2015	Skodsborg Marathon	DK	03:31:47	00:05:01
	07-06-2015	Midt i Marathon Sorø	DK	03:22:15	00:04:48
	13-06-2015	Bjerrede Marathon	DK	03:52:44	00:05:31
	21-06-2015	Midsommerløbet Marathon (DTU)	DK	03:41:48	00:05:15
	27-06-2015	Skinnermaraton	DK	03:19:23	00:04:44
	05-07-2015	Skinnermaraton	DK	03:46:54	00:05:23
	11-07-2015	Skinnermaraton	DK	03:34:06	00:05:04
	14-07-2015	Fitnessnation Marathon	DK	03:51:18	00:05:29
	26-07-2015	San Francisco Marathon	US	03:18:46	00:04:43
	07-08-2015	Ø-marathon	DK	03:19:36	00:04:44
	09-08-2015	Skinnermaraton	DK	03:58:25	00:05:39
	15-08-2015	Strynø Marathon	DK	03:29:37	00:04:58
	22-08-2015	Kanonkugle Marathon	DK	03:40:00	00:05:13
	29-08-2015	Brøderup Marathon	DK	03:38:56	00:05:11
	05-09-2015	Farø Broløb Marathon	DK	03:09:58	00:04:30
	27-09-2015	Berlin Marathon	GE	02:59:35	00:04:15
	04-10-2015	HCA Marathon	DK	03:06:39	00:04:25
	10-10-2015	Christiansminde Marathon	DK	03:17:31	00:04:41
	18-10-2015	Lisbon Marathon	PT	03:04:47	00:04:23
	25-10-2015	Frankfurt Marathon	GE	03:10:44	00:04:31
	01-11-2015	Skovmarathon	DK	03:09:25	00:04:29
	08-11-2015	Rudersdal Marathon	DK	04:25:15	00:06:17
	15-11-2015	Gåsetårn Marathon	DK	03:36:15	00:05:08
	27-11-2015	Pandelampeløb Marathon	DK	04:43:53	00:06:44
	29-11-2015	Fruens Bøge Adventsmarathon	DK	04:06:00	00:05:50
	13-12-2015	Mølle Marathon	DK	03:29:30	00:04:58
	20-12-2015	Huniche Marathon	DK	03:42:00	00:05:16
	23-12-2015	Skodsborg Marathon	DK	04:05:19	00:05:49
	26-12-2015	Kanonkugle Marathon	DK	03:42:01	00:05:16
	31-12-2015	Brøderup Marathon	DK	03:33:44	00:05:04
	03-01-2016	3600 marathon	DK	03:53:51	00:05:33
	09-01-2016	Ø-marathon	DK	03:36:52	00:05:08
	17-04-2016	Hamburg Marathon	GE	03:13:09	00:04:35
	22-05-2016	Copenhagen Marathon	DK	03:12:54	00:04:34
	12-06-2016	Storebælt Naturmaraton	DK	03:24:17	00:04:50
	18-06-2016	MSM Marathon	NO	03:18:57	00:04:43
	17-07-2016	Skinnermaraton	DK	03:43:28	00:05:18
	21-07-2016	Kanonkugle Marathon	DK	04:04:53	00:05:48
	20-08-2016	Samsø Marathon	DK	03:14:12	00:04:36
	11-09-2016	3600 marathon	DK	03:32:18	00:05:02
	25-09-2016	Berlin Marathon	GE	02:58:02	00:04:13
	06-11-2016	Skovmarathon	DK	03:32:38	00:05:02
	12-11-2016	Stillinge Marathon	DK	03:12:57	00:04:34
	20-11-2016	Holger Danske Marathon	DK	03:15:57	00:04:39
	12-02-2017	Hongkong Marathon	KI	03:14:02	00:04:36
	25-02-2017	Kiel Marathon	GE	03:24:20	00:04:51
	19-03-2017	Sydskystløbet Marathon	DK	03:37:30	00:05:09
09-04-2017	Zürich Marathon	CH	03:03:44	00:04:21	
23-04-2017	Hamburg Marathon	GE	02:59:31	00:04:15	
07-05-2017	Rantzausminde Marathon	DK	04:02:07	00:05:44	
21-05-2017	Copenhagen Marathon	DK	03:01:44	00:04:18	
04-06-2017	Flensburg Marathon	GE	03:12:32	00:04:34	
24-06-2017	Triple-Marathon (Claus Ø #500)	DK	03:45:49	00:05:21	
05-08-2017	Rostock Nachtmarathon	GE	03:18:31	00:04:42	
09-09-2017	Jungfrau Marathon	CH	04:15:32	00:06:03	



<b>Distance</b>	<b>Dato</b>	<b>Løb</b>	<b>Land</b>	<b>Sluttid</b>	<b>Tempo</b>
<b>42,195</b>	<b>24-09-2017</b>	Berlin Marathon	GE	02:57:47	00:04:13
	<b>05-11-2017</b>	Skovmarathon	DK	03:29:27	00:04:58
	<b>18-11-2017</b>	Vognsbølparkens Marathon	DK	03:17:51	00:04:41
	<b>11-11-2017</b>	Humør Marathon	DK	04:00:44	00:05:42
	<b>25-11-2017</b>	Sportiganløbet	DK	03:41:43	00:05:15

Distance	Dato	Løb	Land	Sluttid	Tempo
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**Detaljer - sorteret**

Gennemført 1

Distance	Dato	Løb	Land	Værdier	
				Sluttid	Tempo
5	02-11-2013	Parkrun	DK	00:18:33	00:03:43
	14-03-2015	Parkrun	DK	00:18:33	00:03:43
	10-06-2017	Parkrun	DK	00:18:36	00:03:43
	26-10-2013	Parkrun	DK	00:18:36	00:03:43
	06-06-2015	Parkrun	DK	00:18:38	00:03:44
	08-07-2017	Parkrun	DK	00:18:38	00:03:44
	05-04-2014	Parkrun	DK	00:18:39	00:03:44
	22-03-2014	Parkrun	DK	00:18:47	00:03:45
	30-11-2013	Parkrun	DK	00:18:47	00:03:45
	06-05-2017	Parkrun	DK	00:18:51	00:03:46
	19-12-2015	Parkrun	DK	00:18:53	00:03:47
	12-08-2017	Parkrun	DK	00:18:53	00:03:47
	17-06-2017	Parkrun	DK	00:18:55	00:03:47
	19-04-2014	Parkrun	DK	00:18:55	00:03:47
	01-07-2017	Parkrun	DK	00:18:56	00:03:47
	21-03-2015	Parkrun	DK	00:18:58	00:03:48
	28-05-2016	Parkrun	DK	00:18:58	00:03:48
	04-07-2015	Parkrun	DK	00:19:00	00:03:48
	13-05-2017	Parkrun	DK	00:19:00	00:03:48
	04-11-2017	Parkrun	DK	00:19:02	00:03:48
	01-11-2014	Parkrun	DK	00:19:03	00:03:49
	10-09-2016	Parkrun	DK	00:19:05	00:03:49
	02-09-2017	Parkrun	DK	00:19:06	00:03:49
	30-09-2017	Parkrun	DK	00:19:08	00:03:50
	11-06-2016	Parkrun	DK	00:19:13	00:03:51
	14-05-2016	Parkrun	DK	00:19:16	00:03:51
	07-11-2015	Parkrun	DK	00:19:17	00:03:51
	05-12-2015	Parkrun	DK	00:19:18	00:03:52
	03-05-2014	Parkrun	DK	00:19:20	00:03:52
	05-11-2016	Parkrun	DK	00:19:20	00:03:52
	01-10-2016	Parkrun	DK	00:19:21	00:03:52
	29-10-2016	Parkrun	DK	00:19:21	00:03:52
	13-12-2014	Parkrun	DK	00:19:22	00:03:52
	07-05-2016	Parkrun	DK	00:19:24	00:03:53
	29-07-2017	Parkrun	DK	00:19:24	00:03:53
	16-07-2016	Parkrun	DK	00:19:30	00:03:54
	21-01-2017	Parkrun	DK	00:19:30	00:03:54
	08-08-2015	Parkrun	DK	00:19:31	00:03:54
	27-08-2016	Parkrun	DK	00:19:31	00:03:54
	11-03-2017	Parkrun	DK	00:19:32	00:03:54
	25-07-2015	Parkrun	US	00:19:32	00:03:54
	29-11-2014	Parkrun	DK	00:19:32	00:03:54
	21-02-2015	Parkrun	DK	00:19:33	00:03:55
	15-03-2014	Parkrun	DK	00:19:33	00:03:55
	14-01-2017	Parkrun	DK	00:19:35	00:03:55
	28-01-2017	Parkrun	DK	00:19:41	00:03:56
	03-12-2016	Parkrun	DK	00:19:47	00:03:57
	25-03-2017	Parkrun	DK	00:19:48	00:03:58
	14-11-2015	Parkrun	DK	00:19:53	00:03:59
	07-01-2017	Parkrun	DK	00:19:55	00:03:59
	02-01-2016	Parkrun	DK	00:20:03	00:04:01
	04-04-2015	Parkrun	DK	00:20:04	00:04:01
	23-07-2016	Parkrun	DK	00:20:15	00:04:03
	24-12-2016	Parkrun	DK	00:20:17	00:04:03

Distance	Dato	Løb	Land	Sluttid	Tempo	
5	15-04-2017	Parkrun	DK	00:20:18	00:04:04	
	04-03-2017	Parkrun	DK	00:20:25	00:04:05	
	30-04-2016	Parkrun	DK	00:20:32	00:04:06	
	21-11-2015	Parkrun	DK	00:20:33	00:04:07	
	19-03-2016	Parkrun	DK	00:20:38	00:04:08	
	18-03-2017	Parkrun	DK	00:20:40	00:04:08	
	29-04-2017	Parkrun	DK	00:20:44	00:04:09	
	09-04-2016	Parkrun	DK	00:20:46	00:04:09	
	19-08-2017	Parkrun	DK	00:20:53	00:04:11	
	16-09-2017	Parkrun	DK	00:21:04	00:04:13	
	28-10-2017	Parkrun	DK	00:21:10	00:04:14	
	03-06-2017	Parkrun	DK	00:21:12	00:04:14	
	12-03-2016	Parkrun	DK	00:21:18	00:04:16	
	20-05-2017	Parkrun	DK	00:21:30	00:04:18	
	7,532	01-06-2015	Christianshavnermilien	DK	00:28:20	00:03:46
		04-09-2017	Christianshavnermilien	DK	00:29:03	00:03:51
		07-09-2015	Christianshavnermilien	DK	00:29:04	00:03:52
13-04-2015		Christianshavnermilien	DK	00:29:10	00:03:52	
12-06-2017		Christianshavnermilien	DK	00:29:15	00:03:53	
03-10-2016		Christianshavnermilien	DK	00:29:25	00:03:54	
03-07-2017		Christianshavnermilien	DK	00:29:32	00:03:55	
06-06-2016		Christianshavnermilien	DK	00:29:33	00:03:55	
01-05-2017		Christianshavnermilien	DK	00:29:39	00:03:56	
04-07-2016		Christianshavnermilien	DK	00:29:54	00:03:58	
02-10-2017		Christianshavnermilien	DK	00:29:54	00:03:58	
05-09-2016		Christianshavnermilien	DK	00:30:01	00:03:59	
06-07-2015		Christianshavnermilien	DK	00:30:19	00:04:02	
02-05-2016		Christianshavnermilien	DK	00:30:28	00:04:03	
10		06-05-2015	Mini City Løb	DK	00:37:13	00:03:43
		14-06-2013	Burntest	DK	00:37:20	00:03:44
		19-06-2015	Københavns Mandeløb	DK	00:37:43	00:03:46
	13-06-2014	Nike Mandeløb	DK	00:37:45	00:03:47	
	20-09-2015	Friløbet	DK	00:37:51	00:03:47	
	02-05-2013	Mini City Løb	DK	00:37:53	00:03:47	
	02-07-2013	MINI Strandparkløb	DK	00:38:19	00:03:50	
	21-09-2014	Friløbet	DK	00:38:21	00:03:50	
	10-05-2017	Cityløbet	DK	00:38:30	00:03:51	
	02-07-2014	MINI Strandparkløb	DK	00:38:41	00:03:52	
	30-04-2014	Mini City Løb	DK	00:38:43	00:03:52	
	04-07-2012	MINI Strandparkløb	DK	00:38:55	00:03:53	
	13-08-2015	Mini Havneløb	DK	00:39:05	00:03:55	
	15-08-2013	Mini Havneløb	DK	00:39:29	00:03:57	
	29-06-2017	BMW Strandparkløb	DK	00:40:05	00:04:01	
	10-05-2016	BMW City Løb	DK	00:40:07	00:04:01	
	29-01-2017	Nike Test 1	DK	00:40:14	00:04:01	
	05-07-2016	BMW Strandparkløb	DK	00:40:17	00:04:02	
	24-09-2006	Friløbet	DK	00:40:29	00:04:03	
	03-08-2017	BMW Havneløb	DK	00:40:33	00:04:03	
	01-02-2009	Nike Marathontest 1	DK	00:40:37	00:04:04	
	23-09-2007	Friløbet	DK	00:40:50	00:04:05	
	22-08-2017	Kastelløbet	DK	00:40:55	00:04:05	
	14-08-2014	Mini City Løb	DK	00:41:02	00:04:06	
	06-09-2013	Roskilde Gadeløb	DK	00:41:03	00:04:06	
	02-09-2007	Skovsyreløbet	DK	00:41:48	00:04:11	
	10-09-2006	Skovsyreløbet	DK	00:42:18	00:04:14	
	22-09-2013	Friløbet	DK	00:42:59	00:04:18	
	13,3	06-10-2013	Eremitageløbet	DK	00:49:53	00:03:45
		10-10-2010	Eremitageløbet	DK	00:51:33	00:03:53
		05-10-2008	Eremitageløbet	DK	00:51:40	00:03:53
		07-10-2012	Eremitageløbet	DK	00:51:58	00:03:54

Distance	Dato	Løb	Land	Sluttid	Tempo
13,3	08-10-2017	Eremitageløbet	DK	00:52:07	00:03:55
	04-10-2009	Eremitageløbet	DK	00:52:30	00:03:57
	05-10-2014	Eremitageløbet	DK	00:53:01	00:03:59
	09-10-2016	Eremitageløbet	DK	00:53:27	00:04:01
	07-10-2007	Eremitageløbet	DK	00:53:43	00:04:02
	08-10-2006	Eremitageløbet	DK	00:55:37	00:04:11
	09-10-2005	Eremitageløbet	DK	01:00:20	00:04:32
	15	30-10-2016	Nike Marathon Start Op	DK	01:01:33
29-10-2017		Nike Marathon Start Up	DK	01:02:21	00:04:09
11-03-2007		Nike Marathontest 2	DK	01:03:34	00:04:14
08-03-2009		Nike Marathontest 2	DK	01:04:16	00:04:17
09-03-2008		Nike Marathontest 2	DK	01:05:24	00:04:22
21,0975		13-09-2015	Copenhagen Halfmarathon	DK	01:22:40
	19-04-2015	Nike 4 Halvmarathon	DK	01:22:43	00:03:55
	07-04-2013	Berlin Halbmarathon	GE	01:22:50	00:03:56
	14-09-2014	Powerade Copenhagen Half Marathon	DK	01:23:04	00:03:56
	17-09-2017	Copenhagen Halfmarathon	DK	01:23:13	00:03:57
	15-09-2013	Powerade Copenhagen Half Marathon	DK	01:23:40	00:03:58
	30-03-2014	Berlin Halbmarathon	GE	01:23:49	00:03:58
	15-09-2012	Å-løbet Halvmarathon	DK	01:23:57	00:03:59
	22-06-2013	!Solid Ørestadsløbet ½marathon	DK	01:24:18	00:04:00
	15-10-2017	Brooklyn Greenway Halfmarathon	US	01:24:29	00:04:00
	09-09-2012	Powerade Copenhagen Half Marathon	DK	01:24:37	00:04:01
	02-04-2017	Berlin Halbmarathon	GE	01:25:11	00:04:02
	02-06-2012	Landsbyløbet Halvmarathon	DK	01:25:33	00:04:03
	18-11-2012	Unicef Helsingør Marathon	DK	01:25:39	00:04:04
	18-09-2016	Copenhagen Halfmarathon	DK	01:25:44	00:04:04
	07-11-2010	Lufthavnen Rundt	DK	01:26:09	00:04:05
	29-03-2015	Berlin Halbmarathon	GE	01:26:16	00:04:05
	12-09-2010	Copenhagen Halfmarathon	DK	01:26:32	00:04:06
	11-09-2011	Griseløbet ½marathon	DK	01:26:36	00:04:06
	15-04-2012	Sparta Nike 3 test	DK	01:26:41	00:04:07
	21-08-2011	Powerade Copenhagen Half Marathon	DK	01:26:52	00:04:07
	06-05-2012	TV2 Øst Løbet Halvmarathon	DK	01:27:51	00:04:10
	01-04-2012	Berlin Halbmarathon	GE	01:27:54	00:04:10
	25-04-2010	B.T. Halvmarathon	DK	01:28:48	00:04:13
	28-04-2012	Egeskov Slotsløb Halvmarathon	DK	01:29:12	00:04:14
	13-04-2008	Nike Marathontest 3	DK	01:29:22	00:04:14
	01-10-2006	Powerade Copenhagen Half Marathon	DK	01:29:22	00:04:14
	15-04-2007	Nike Marathontest 3	DK	01:29:33	00:04:15
	27-04-2008	B.T. Halvmarathon	DK	01:29:57	00:04:16
	01-05-2016	BT Halvmarathon	DK	01:30:28	00:04:17
	28-08-2016	De 3 Broer Halvmarathon	DK	01:30:31	00:04:17
	27-03-2011	Griseløbet ½marathon	DK	01:30:41	00:04:18
	18-06-2017	Farum Sø Løb Halvmarathon	DK	01:31:23	00:04:20
	27-08-2017	De 3 Broer Halvmarathon	DK	01:32:13	00:04:22
	19-04-2009	Nike Marathontest 3	DK	01:33:03	00:04:25
	03-04-2016	Berlin Halbmarathon	GE	01:33:58	00:04:27
	30-03-2008	Den Grønne Halvmarathon	DK	01:34:10	00:04:28
	01-09-2012	Kirkebyløbet	DK	01:34:14	00:04:28
	06-04-2014	Ruderkongeløbet	DK	01:35:54	00:04:33
	10-04-2016	Ruderkongeløbet	DK	01:39:42	00:04:44
	13-03-2016	Sydkiøsløbet Halvmarathon	DK	01:45:08	00:04:59
	21-04-2014	Helvede i Nord Halvmarathon	DK	01:49:15	00:05:11
26-04-2009	B.T. Halvmarathon	DK	01:51:46	00:05:18	
42,195	29-09-2013	Berlin Marathon	GE	02:52:40	00:04:06
	20-09-2009	Berlin Marathon	GE	02:53:57	00:04:07
	13-04-2014	Vienna City Marathon	OS	02:54:28	00:04:08
	24-05-2015	Copenhagen Marathon	DK	02:55:34	00:04:10
	14-10-2012	München Marathon	GE	02:56:34	00:04:11

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	22-05-2011	Copenhagen Marathon	DK	02:56:50	00:04:11
	24-09-2017	Berlin Marathon	GE	02:57:47	00:04:13
	28-09-2014	Berlin Marathon	GE	02:57:53	00:04:13
	25-09-2016	Berlin Marathon	GE	02:58:02	00:04:13
	28-09-2008	Berlin Marathon	GE	02:58:22	00:04:14
	17-10-2010	Amsterdam Marathon	NL	02:58:47	00:04:14
	23-04-2017	Hamburg Marathon	GE	02:59:31	00:04:15
	26-07-2009	Run For Love Marathon	DK	02:59:34	00:04:15
	27-09-2015	Berlin Marathon	GE	02:59:35	00:04:15
	18-05-2014	Copenhagen Marathon	DK	02:59:37	00:04:15
	13-10-2013	Budapest Marathon	HU	02:59:45	00:04:16
	19-05-2013	Copenhagen Marathon	DK	02:59:46	00:04:16
	12-10-2014	Poznan Marathon	PO	03:00:12	00:04:16
	22-09-2012	Fokus Bank Oslo Marathon	NO	03:01:35	00:04:18
	21-05-2017	Copenhagen Marathon	DK	03:01:44	00:04:18
	21-06-2014	Midnight Sun Marathon	NO	03:02:04	00:04:19
	26-09-2010	Berlin Marathon	GE	03:02:28	00:04:19
	26-04-2015	Hamburg Marathon	GE	03:03:29	00:04:21
	12-01-2013	Ø-marathon	DK	03:03:33	00:04:21
	09-04-2017	Zürich Marathon	CH	03:03:44	00:04:21
	16-08-2008	Helsinki Marathon	FI	03:03:56	00:04:22
	24-05-2009	Copenhagen Marathon	DK	03:04:41	00:04:23
	18-10-2015	Lisbon Marathon	PT	03:04:47	00:04:23
	14-12-2013	Ø-Marathon (æbleskivemarathon)	DK	03:04:56	00:04:23
	27-10-2008	Dublin Marathon	IR	03:05:29	00:04:24
	19-06-2010	Midnight Sun Marathon	NO	03:05:46	00:04:24
	21-10-2012	Ålsgårde Marathon	DK	03:06:14	00:04:25
	04-10-2015	HCA Marathon	DK	03:06:39	00:04:25
	08-05-2011	Düsseldorf Marathon	GE	03:06:48	00:04:26
	21-06-2008	Midnight Sun Marathon	NO	03:07:05	00:04:26
	29-03-2013	Ø-marathon	DK	03:07:07	00:04:26
	18-05-2008	Copenhagen Marathon	DK	03:07:09	00:04:26
	04-11-2012	Skovmarathon	DK	03:07:10	00:04:26
	29-06-2013	Ø-marathon	DK	03:07:16	00:04:26
	15-03-2015	Midt i Marathon Sorø	DK	03:07:22	00:04:26
	27-10-2013	Damhus Marathon	DK	03:07:40	00:04:27
	13-04-2013	Fredskov Marathon	DK	03:07:50	00:04:27
	28-04-2013	Kyiv Marathon	UKR	03:07:52	00:04:27
	08-12-2012	Damhus Marathon	DK	03:07:56	00:04:27
	25-09-2011	Berlin Marathon	GE	03:08:11	00:04:28
	17-04-2011	Madrid Marathon	ES	03:08:12	00:04:28
	30-09-2012	Berlin Marathon	GE	03:09:07	00:04:29
	06-06-2009	Svalbard Marathon	NO	03:09:10	00:04:29
	01-11-2015	Skovmarathon	DK	03:09:25	00:04:29
	26-01-2013	Fredskov Marathon	DK	03:09:58	00:04:30
	05-09-2015	Farø Broløb Marathon	DK	03:09:58	00:04:30
	05-05-2013	Frederiksberg Marathon	DK	03:10:18	00:04:31
	25-10-2015	Frankfurt Marathon	GE	03:10:44	00:04:31
	09-05-2010	Prague Marathon	TJ	03:11:07	00:04:32
	23-05-2010	Copenhagen Marathon	DK	03:11:07	00:04:32
	06-01-2013	Fredskov Marathon	DK	03:11:22	00:04:32
	11-04-2015	Fredskov Marathon	DK	03:11:40	00:04:33
	17-03-2013	Sydkiøstløbet Marathon	DK	03:11:52	00:04:33
	03-11-2013	Skovmarathon	DK	03:12:00	00:04:33
	19-01-2013	Damhus Marathon	DK	03:12:13	00:04:33
	14-06-2009	Storebælt Naturmaraton	DK	03:12:26	00:04:34
	04-06-2017	Flensburg Marathon	GE	03:12:32	00:04:34
	16-06-2013	Storebælt Naturmaraton	DK	03:12:40	00:04:34
	22-05-2016	Copenhagen Marathon	DK	03:12:54	00:04:34
	12-11-2016	Stillinge Marathon	DK	03:12:57	00:04:34

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	03-04-2011	Sydvestløbet Marathon	DK	03:13:06	00:04:35
	17-04-2016	Hamburg Marathon	GE	03:13:09	00:04:35
	25-11-2012	Ø-marathon	DK	03:13:33	00:04:35
	08-03-2014	Midt i Marathon Sorø	DK	03:13:47	00:04:36
	12-02-2017	Hongkong Marathon	KI	03:14:02	00:04:36
	20-08-2016	Samsø Marathon	DK	03:14:12	00:04:36
	02-02-2013	Damhus Marathon	DK	03:14:30	00:04:37
	23-02-2013	Fredskov Marathon	DK	03:15:32	00:04:38
	08-06-2013	Running2venus Marathon	DK	03:15:49	00:04:38
	20-11-2016	Holger Danske Marathon	DK	03:15:57	00:04:39
	28-02-2015	Midt i Marathon Sorø	DK	03:16:16	00:04:39
	20-06-2009	Kalundball Dobbeltmarathon 1	DK	03:16:26	00:04:39
	01-03-2014	Damhus Marathon	DK	03:16:32	00:04:39
	17-05-2015	Gåsetårn Marathon	DK	03:16:51	00:04:40
	19-01-2014	Vornæs Rundt Marathon	DK	03:17:17	00:04:41
	10-10-2015	Christiansminde Marathon	DK	03:17:31	00:04:41
	09-05-2013	Ø-marathon Double 1	DK	03:17:37	00:04:41
	18-11-2017	Vognsbølsparkens Marathon	DK	03:17:51	00:04:41
	29-12-2012	Damhus Marathon	DK	03:17:59	00:04:42
	22-02-2015	Brøderup Marathon	DK	03:18:16	00:04:42
	07-03-2015	Brøderup Marathon	DK	03:18:19	00:04:42
	29-01-2011	Skodsborg Marathon	DK	03:18:19	00:04:42
	05-08-2017	Rostock Nachtmarathon	GE	03:18:31	00:04:42
	20-12-2014	Fredskov Marathon	DK	03:18:33	00:04:42
	26-07-2015	San Francisco Marathon	US	03:18:46	00:04:43
	14-07-2012	Stockholm 100 yr Jubilee Marathon	SE	03:18:49	00:04:43
	18-06-2016	MSM Marathon	NO	03:18:57	00:04:43
	21-09-2013	Oslo Marathon	NO	03:19:08	00:04:43
	02-11-2014	Skovmarathon	DK	03:19:16	00:04:43
	27-06-2015	Skinnermaraton	DK	03:19:23	00:04:44
	06-07-2014	Skinnermaraton	DK	03:19:30	00:04:44
	29-05-2014	Rundt Om Solen Marathon	DK	03:19:31	00:04:44
	07-08-2015	Ø-marathon	DK	03:19:36	00:04:44
	25-10-2014	Midt i Marathon Sorø	DK	03:19:44	00:04:44
	15-08-2009	Helsinki Marathon	FI	03:19:50	00:04:44
	11-01-2009	Kalundborg Vintermarathon	DK	03:20:02	00:04:44
	03-05-2015	Kanonkugle Marathon	DK	03:20:16	00:04:45
	14-02-2015	Kanonkugle Marathon	DK	03:20:30	00:04:45
	25-08-2012	Jerk Langers fødselsdagsmarathon	DK	03:20:44	00:04:45
	29-10-2007	Dublin Marathon	IR	03:21:24	00:04:46
	14-07-2013	Fredskov Marathon	DK	03:21:45	00:04:47
	31-05-2014	Midt i Marathon Sorø	DK	03:21:54	00:04:47
	07-06-2015	Midt i Marathon Sorø	DK	03:22:15	00:04:48
	06-12-2014	Midt i Marathon Sorø	DK	03:22:23	00:04:48
	20-05-2007	Copenhagen Marathon	DK	03:22:43	00:04:48
	28-08-2013	DHL Ø-marathon	DK	03:22:52	00:04:48
	07-06-2014	Damhus Marathon	DK	03:23:07	00:04:49
	09-03-2013	Frederiksberg Marathon	DK	03:23:44	00:04:50
	21-11-2010	Ålsgårde Marathon	DK	03:23:46	00:04:50
	06-02-2011	Ålsgårde Marathon	DK	03:23:52	00:04:50
	02-12-2012	Vestvoldsmarathon	DK	03:23:59	00:04:50
	11-01-2014	Vestvoldsmarathon	DK	03:24:09	00:04:50
12-06-2016	Storebælt Naturmaraton	DK	03:24:17	00:04:50	
25-02-2017	Kiel Marathon	GE	03:24:20	00:04:51	
08-12-2013	Damhus Marathon	DK	03:24:41	00:04:51	
31-03-2013	Fredskov Marathon	DK	03:24:52	00:04:51	
05-06-2010	Stockholm Marathon	SE	03:25:19	00:04:52	
23-03-2014	Fredskov Marathon	DK	03:25:23	00:04:52	
16-03-2014	Sydvestløbet Marathon	DK	03:25:47	00:04:53	
28-03-2009	Sydvestløbet Marathon	DK	03:25:48	00:04:53	

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	10-08-2013	Skinnermaraton	DK	03:26:06	00:04:53
	21-05-2005	Copenhagen Marathon	DK	03:26:10	00:04:53
	10-05-2014	Ø-Marathon - 4*200	DK	03:26:13	00:04:53
	23-12-2012	Skodsborg Marathon	DK	03:26:19	00:04:53
	21-04-2013	Skodsborg Marathon	DK	03:27:08	00:04:55
	05-06-2014	Skodsborg Marathon - "Der er et yndigt land"	DK	03:27:35	00:04:55
	26-12-2012	Vigersted Marathon	DK	03:27:51	00:04:56
	20-05-2012	Copenhagen Marathon	DK	03:27:55	00:04:56
	23-12-2013	Skodsborg Marathon	DK	03:28:14	00:04:56
	01-05-2015	Skodsborg Marathon	DK	03:28:41	00:04:57
	04-01-2014	Ø-Marathon	DK	03:28:44	00:04:57
	22-03-2015	Fruens Bøge Forårsmarathon	DK	03:29:12	00:04:57
	01-09-2013	Running2venus Marathon	DK	03:29:23	00:04:58
	05-11-2017	Skovmarathon	DK	03:29:27	00:04:58
	13-12-2015	Mølle Marathon	DK	03:29:30	00:04:58
	15-08-2015	Strynø Marathon	DK	03:29:37	00:04:58
	07-02-2015	Fredskov Marathon	DK	03:29:38	00:04:58
	24-05-2014	Rundt Om Solen Marathon	DK	03:29:38	00:04:58
	17-01-2015	Damhus Marathon (Per fylder 50 år)	DK	03:29:40	00:04:58
	18-08-2007	Helsinki Marathon	FI	03:29:53	00:04:58
	23-01-2011	Ålsgårde Marathon	DK	03:30:55	00:05:00
	30-11-2014	Holger Danske Marathon	DK	03:31:00	00:05:00
	14-01-2015	Ø-marathon (Per fylder 50 år - på dagen)	DK	03:31:02	00:05:00
	11-02-2015	Ø-marathon	DK	03:31:08	00:05:00
	05-06-2015	Skodsborg Marathon	DK	03:31:47	00:05:01
	11-09-2016	3600 marathon	DK	03:32:18	00:05:02
	13-07-2010	Ålsgårde Marathon	DK	03:32:29	00:05:02
	06-11-2016	Skovmarathon	DK	03:32:38	00:05:02
	12-07-2014	Skinnermaraton	DK	03:32:57	00:05:03
	14-12-2014	Brøderup Marathon	DK	03:33:33	00:05:04
	31-12-2015	Brøderup Marathon	DK	03:33:44	00:05:04
	05-04-2015	Brøderup Marathon	DK	03:34:03	00:05:04
	11-07-2015	Skinnermaraton	DK	03:34:06	00:05:04
	12-07-2013	Fredskov Marathon	DK	03:34:39	00:05:05
	18-10-2014	Brøderup Marathon	DK	03:34:44	00:05:05
	21-06-2009	Kalundball Dobbelmarathon 2	DK	03:35:33	00:05:07
	02-08-2012	Ålsgårde Marathon	DK	03:35:57	00:05:07
	15-12-2012	Vigersted Marathon	DK	03:36:11	00:05:07
	15-11-2015	Gåsetårn Marathon	DK	03:36:15	00:05:08
	03-04-2015	Hornbæk Marathon	DK	03:36:17	00:05:08
	09-08-2014	Skinnermaraton	DK	03:36:32	00:05:08
	02-08-2014	Rostock Nachtmarathon	GE	03:36:43	00:05:08
	09-01-2016	Ø-marathon	DK	03:36:52	00:05:08
	19-03-2017	Sydkiøbet Marathon	DK	03:37:30	00:05:09
	23-08-2014	Rundt Om Solen Marathon	DK	03:37:43	00:05:10
	09-05-2015	Kalundborg Marathon	DK	03:37:43	00:05:10
	22-02-2014	Midt i Marathon Sorø	DK	03:38:03	00:05:10
	26-12-2013	Ø-Marathon (løb juleflæsket af)	DK	03:38:44	00:05:11
	29-08-2015	Brøderup Marathon	DK	03:38:56	00:05:11
	01-12-2013	Skinner Marathon, Flyvestation Værløse	DK	03:39:47	00:05:13
	02-03-2013	Damhus Marathon	DK	03:39:50	00:05:13
	27-06-2014	Ø-marathon	DK	03:39:53	00:05:13
	22-08-2015	Kanonkugle Marathon	DK	03:40:00	00:05:13
	09-01-2011	Kalundborg Vintermarathon	DK	03:40:13	00:05:13
	01-04-2015	Fitnessnation Marathon	DK	03:40:15	00:05:13
	16-11-2013	Unter Tage Sparkassen Marathon	GE	03:40:27	00:05:13
	18-12-2010	Skodsborg Marathon	DK	03:40:39	00:05:14
	28-08-2010	Jerk Langers fødselsdagsmarathon	DK	03:41:27	00:05:15
	25-11-2017	Sportiganløbet	DK	03:41:43	00:05:15
	21-06-2015	Midsommerløbet Marathon (DTU)	DK	03:41:48	00:05:15

Distance	Dato	Løb	Land	Sluttid	Tempo
42,195	13-03-2011	Ålsgårde Marathon	DK	03:41:58	00:05:16
	20-12-2015	Huniche Marathon	DK	03:42:00	00:05:16
	26-12-2015	Kanonkugle Marathon	DK	03:42:01	00:05:16
	17-06-2012	Storebælt Naturmaraton	DK	03:42:55	00:05:17
	31-01-2015	Vestvoldsmarathon	DK	03:43:15	00:05:17
	17-07-2016	Skinnermaraton	DK	03:43:28	00:05:18
	23-03-2013	Running2venus Marathon	DK	03:44:29	00:05:19
	31-12-2014	Brøderup Marathon	DK	03:44:43	00:05:20
	27-03-2010	Sydkiøbet Marathon	DK	03:45:17	00:05:20
	24-06-2017	Triple-Marathon (Claus Ø #500)	DK	03:45:49	00:05:21
	03-08-2013	Skinnermaraton	DK	03:45:50	00:05:21
	09-06-2014	Ø-Marathon - Solopgangsmarathon	DK	03:45:54	00:05:21
	31-12-2008	Socialmarathon, Amager	DK	03:46:23	00:05:22
	25-04-2014	Kanonkuglemarathon 1	DK	03:46:33	00:05:22
	05-07-2015	Skinnermaraton	DK	03:46:54	00:05:23
	06-09-2014	Ø-marathon	FI	03:47:40	00:05:24
	26-08-2013	DHL Ø-marathon	DK	03:47:56	00:05:24
	01-04-2010	Ålsgårde Marathon	DK	03:49:16	00:05:26
	26-08-2009	Rudersdal Cannonball 9	DK	03:49:26	00:05:26
	25-01-2015	Haslev Marathon	DK	03:49:52	00:05:27
	26-02-2011	Skodsborg Marathon	DK	03:50:08	00:05:27
	15-01-2011	Skodsborg Marathon	DK	03:50:32	00:05:28
	21-12-2014	Gåsetårn Julemarathon	DK	03:50:55	00:05:28
	14-07-2015	Fitnessnation Marathon	DK	03:51:18	00:05:29
	10-05-2013	Ø-marathon Double 2	DK	03:51:33	00:05:29
	27-01-2013	Skodsborg Marathon	DK	03:52:06	00:05:30
	03-07-2010	Greve Cannonball 7	DK	03:52:16	00:05:30
	13-06-2015	Bjerrede Marathon	DK	03:52:44	00:05:31
	22-03-2009	Rudersdal Marathon	DK	03:53:42	00:05:32
	03-01-2016	3600 marathon	DK	03:53:51	00:05:33
	14-06-2014	Hornbæk Marathon	DK	03:54:01	00:05:33
	23-12-2014	Skodsborg Marathon	DK	03:54:52	00:05:34
	26-12-2014	Kanonkugle Marathon	DK	03:55:51	00:05:35
	15-08-2014	Skodsborg Marathon 1	DK	03:56:29	00:05:36
	07-12-2014	Ø-marathon	DK	03:56:38	00:05:36
	26-05-2013	Fredskov Marathon	DK	03:57:09	00:05:37
	29-12-2013	Hornbæk Marathon	DK	03:57:19	00:05:37
	23-08-2009	Strandvejsmarathon	DK	03:57:46	00:05:38
	11-11-2012	Rudersdal Marathon	DK	03:58:07	00:05:39
	09-08-2015	Skinnermaraton	DK	03:58:25	00:05:39
	27-09-2009	Rudersdal Cannonball 10	DK	03:58:49	00:05:40
	07-03-2010	Roskilde Marathon	DK	04:00:00	00:05:41
	16-11-2008	Rudersdal Marathon	DK	04:00:00	00:05:41
	14-12-2008	Rudersdal Cannonball 1	DK	04:00:00	00:05:41
	11-11-2017	Humør Marathon	DK	04:00:44	00:05:42
	23-10-2010	Skodsborg Marathon	DK	04:00:57	00:05:43
	31-12-2012	Socialmarathon, Amager	DK	04:01:59	00:05:44
	07-05-2017	Rantzausminde Marathon	DK	04:02:07	00:05:44
	14-08-2010	Helsinki Marathon	FI	04:02:19	00:05:45
	15-11-2014	Unter Tage Sparkassen Marathon	GE	04:03:06	00:05:46
	07-07-2010	Ålsgårde Marathon	DK	04:04:35	00:05:48
	21-07-2016	Kanonkugle Marathon	DK	04:04:53	00:05:48
10-11-2013	Rudersdal Marathon	DK	04:05:00	00:05:48	
23-12-2015	Skodsborg Marathon	DK	04:05:19	00:05:49	
29-11-2015	Fruens Bøge Adventsmarathon	DK	04:06:00	00:05:50	
13-04-2009	Rudersdal Cannonball 2	DK	04:07:10	00:05:51	
14-05-2015	Street Commander Trailmarathon	DK	04:10:21	00:05:56	
21-07-2009	Rudersdal Cannonball 6	DK	04:10:21	00:05:56	
23-12-2010	Skodsborg Marathon	DK	04:12:34	00:05:59	
11-12-2010	Skodsborg Marathon	DK	04:15:21	00:06:03	



<b>Distance</b>	<b>Dato</b>	<b>Løb</b>	<b>Land</b>	<b>Sluttid</b>	<b>Tempo</b>
<b>42,195</b>	<b>09-09-2017</b>	Jungfrau Marathon	CH	04:15:32	00:06:03
	<b>30-05-2015</b>	Mølleå Marathon	DK	04:16:57	00:06:05
	<b>05-04-2010</b>	Rudersdal Cannonball 19	DK	04:17:15	00:06:06
	<b>22-10-2011</b>	Beachy Head Marathon Eastbourne	UK	04:24:02	00:06:15
	<b>08-11-2015</b>	Rudersdal Marathon	DK	04:25:15	00:06:17
	<b>27-11-2015</b>	Pandelampeløb Marathon	DK	04:43:53	00:06:44