

| Nr  | Dato     | Marathon Løb                          | Sted              | Distance | Tid     | 1 km | KM/t  |
|-----|----------|---------------------------------------|-------------------|----------|---------|------|-------|
| 160 | 29-09-19 | 46. Berlin Marathon                   | Berlin            | 42195    | 3:26:02 | 4:52 | 12,29 |
| 159 | 17-05-19 | Tosseløbsmarathon                     | Ringsted          | 42195    | 3:35:55 | 5:07 | 11,73 |
| 158 | 01-05-19 | Tosseløbsmarathon                     | Ringsted          | 42195    | 3:38:49 | 5:11 | 11,57 |
| 157 | 09-02-19 | KVICKRUN Marathon                     | Nykøbing F.       | 42195    | 3:49:38 | 5:26 | 11,02 |
| 156 | 13-10-18 | HMT Marathon                          | Haslev            | 42195    | 3:42:53 | 5:16 | 11,36 |
| 155 | 14-09-18 | Succes Marathon                       | Næstved           | 42195    | 3:43:18 | 5:17 | 11,34 |
| 154 | 27-05-18 | Gåsetårnet marathon                   | Vordingborg       | 42195    | 3:41:10 | 5:14 | 11,45 |
| 153 | 28-04-18 | Streetcommander marathon              | Sakskøbing        | 42195    | 3:34:06 | 5:04 | 11,82 |
| 152 | 25-02-18 | Sevilla Marathon                      | Sevilla           | 42195    | 3:25:47 | 4:52 | 12,30 |
| 151 | 27-12-17 | Succes Marathon                       | Skælskør          | 42195    | 3:42:48 | 5:16 | 11,36 |
| 150 | 16-12-17 | Fredskov julemarathon                 | Næstved           | 42195    | 3:35:34 | 5:06 | 11,74 |
| 149 | 08-10-17 | Gåsetårnet Marathon                   | Vordingborg       | 42195    | 3:23:43 | 4:49 | 12,43 |
| 148 | 30-09-17 | Humør Marathon                        | Tusenæs           | 42195    | 3:45:57 | 5:21 | 11,20 |
| 147 | 24-09-17 | 44. Berlin Marathon                   | Berlin            | 42195    | 3:24:48 | 4:51 | 12,36 |
| 146 | 27-08-17 | 3600Marathon                          | Frederikssund     | 42195    | 3:50:46 | 5:28 | 10,97 |
| 145 | 13-08-17 | Frejlev Trekanten Marathon            | Frejlev           | 42195    | 3:47:48 | 5:23 | 11,11 |
| 144 | 06-08-17 | Blokhush Marathon                     | Blokhush          | 42195    | 3:39:46 | 5:12 | 11,52 |
| 143 | 05-06-17 | Gåsetårnet marathon                   | Vordingborg       | 42195    | 3:34:47 | 5:05 | 11,79 |
| 142 | 21-05-17 | Copenhagen Marathon                   | København         | 42195    | 3:29:28 | 4:57 | 12,09 |
| 141 | 23-04-17 | Brøderup Marathon                     | Brøderup          | 42195    | 3:36:00 | 5:07 | 11,72 |
| 140 | 14-04-17 | StreetCommander marathon              | Sakskøbing        | 42195    | 3:26:47 | 4:54 | 12,24 |
| 139 | 01-04-17 | Parnas marathon midt i Sorø           | Sorø              | 42195    | 3:41:38 | 5:15 | 11,42 |
| 138 | 18-03-17 | Fredskov Marathon - 45 års fødselsdag | Næstved           | 42195    | 3:53:45 | 5:32 | 10,83 |
| 137 | 19-02-17 | Streetcommander Marathon              | Sakskøbing        | 42195    | 3:46:00 | 5:21 | 11,20 |
| 136 | 04-02-17 | Vestegnens Marathon                   | Ishøj             | 42195    | 3:57:19 | 5:37 | 10,67 |
| 135 | 10-12-16 | StreetCommander Trail marathon        | Nr.Vedby grusgrav | 42195    | 4:26:22 | 6:18 | 9,50  |
| 134 | 21-10-16 | Middelalder Marathon                  | Nykøbing F.       | 42195    | 3:49:30 | 5:26 | 11,03 |
| 133 | 26-09-16 | 43. Berlin Marathon                   | Berlin            | 42195    | 3:21:54 | 4:47 | 12,54 |
| 132 | 20-08-16 | Fredskov Maraton                      | Næstved           | 42195    | 3:28:13 | 4:56 | 12,16 |

|     |          |   |                          |       |         |      |       |
|-----|----------|---|--------------------------|-------|---------|------|-------|
| 131 | 15-08-16 | Frejlev Trekantens marathon                               | Frejlev                  | 42195 | 3:28:58 | 4:57 | 12,12 |
| 130 | 18-06-16 | Radsted Marathon  | Sakskøbing               | 42195 | 3:37:32 | 5:09 | 11,64 |
| 129 | 23-05-16 | Copenhagen Marathon                                       | København                | 42195 | 3:22:57 | 4:48 | 12,47 |
| 128 | 02-04-16 | Fredskov Marathon. Morten Blok nr. 100                    | Næstved                  | 42195 | 3:40:25 | 5:13 | 11,49 |
| 127 | 24-03-16 | Gåsetårn Skærtorsdag Marathon                             | Vordingborg              | 42195 | 3:38:12 | 5:10 | 11,60 |
| 126 | 28-02-16 | Radsted Marathon - Basic                                  | Sakskøbing               | 42195 | 3:33:48 | 5:04 | 11,84 |
| 125 | 14-02-16 | Gåsetårnet Marathon Henriette og Peter´s marathon nr. 300 | Vordingborg              | 42195 | 3:51:56 | 5:29 | 10,92 |
| 124 | 18-10-15 | Gåsetårnet Marathon - Peter og Mortens nr. 100.           | Vordingborg              | 42195 | 3:51:10 | 5:28 | 10,95 |
| 123 | 27-09-15 | 42. Berlin Marathon.                                      | Berlin                   | 42195 | 3:26:13 | 4:53 | 12,28 |
| 122 | 05-09-15 | Farø Broløb 2015  | Nr. Alslev               | 42195 | 3:34:08 | 5:04 | 11,82 |
| 121 | 22-08-15 | StreetCommander Trail marathon                            | Nr.Vedby grusgrav        | 42195 | 4:29:15 | 6:22 | 9,40  |
| 120 | 02-08-15 | LØBEREN Highland Trail Marathon 2015                      | Silkeborg                | 42195 | 6:57:54 | 9:54 | 6,06  |
| 119 | 13-06-15 | Radsted Marathon  | Radsted                  | 42195 | 3:52:03 | 5:29 | 10,91 |
| 118 | 14-05-15 | Streetcommander Trail Marathon                            | Nr.Vedby grusgrav        | 42195 | 4:17:34 | 6:06 | 9,83  |
| 117 | 02-04-15 | Gåsetårnet skærtorsdags marathon.                         | Vordingborg              | 42195 | 3:55:13 | 5:34 | 10,76 |
| 116 | 01-04-15 | fitnessnationcannonballrun                                | Ringsted                 | 42195 | 3:41:42 | 5:15 | 11,42 |
| 115 | 08-03-15 | Brøderup Marathon   | Brøderup                 | 42195 | 3:25:52 | 4:52 | 12,30 |
| 114 | 28-02-15 | Midt-i-Sorø marathon - Claus Fishers nr. 100              | Sorø                     | 42195 | 3:32:17 | 5:01 | 11,93 |
| 113 | 22-02-15 | Brøderup Marathon   | Brøderup                 | 42195 | 3:36:00 | 5:08 | 11,69 |
| 112 | 07-02-15 | Fredskov Marathon   | Næstved                  | 42195 | 3:50:24 | 5:17 | 11,34 |
| 111 | 24-01-15 | StreetCommander Trail Marathon                            | Nr. Vedby grusgrav       | 42195 | 4:16:58 | 6:05 | 9,85  |
| 110 | 11/01/15 | Kalundborg Vinter Marathon                                | Kalundborg               | 42195 | 3:48:29 | 5:24 | 11,08 |
| 109 | 31/12/14 | Brøderup Marathon   | Brøderup                 | 42195 | 3:56:36 | 5:36 | 10,7  |
| 108 | 25/10/14 | StreetCommander Trail Marathon                            | Nr. Vedby grusgrav       | 42195 | 4:11:20 | 5:57 | 10,07 |
| 107 | 28/09/14 | 41. BMW Berlin Marathon                                   | Berlin                   | 42195 | 3:20:32 | 4:45 | 12,62 |
| 106 | 26/07/14 | StreetCommander Trail Marathon                            | Nr. Vedby grusgrav       | 42195 | 4:11:46 | 5:58 | 10,06 |
| 105 | 18/07/14 | "Rundt om solen"- marathon                                | Kystagerparken,<br>Valby | 42195 | 3:40:20 | 5:13 | 11,49 |
| 104 | 29/06/14 | Extrem Marathon   | Svaninge bakker          | 42195 | 4:21:05 | 6:11 | 9,7   |
| 103 | 28/06/14 | Møjlner Marathon  | Fåborg                   | 42195 | 3:46:14 | 5:21 | 11,19 |
| 102 | 21/06/14 | Åbenrå Bjergmarathon                                      | Åbenrå                   | 42195 | 3:29:44 | 4:58 | 12,07 |
| 101 | 01/06/14 | StreetCommander Trail Marathon                            | Nr. Vedby grusgrav       | 42195 | 3:56:54 | 5:36 | 10,69 |

|     |          |                                      |                    |       |         |      |       |
|-----|----------|--------------------------------------|--------------------|-------|---------|------|-------|
| 100 | 20/05/14 | Copenhagen Marathon                  | København          | 42195 | 3:22:34 | 4:48 | 12.5  |
| 99  | 27/04/14 | GHR400 Marathon                      | Slagelse kaserne   | 42195 | 3:32:00 | 5:01 | 11.94 |
| 98  | 17/04/14 | Gåsetårn Påske marathon              | Vordingborg        | 42195 | 3:25:41 | 4:52 | 12.31 |
| 97  | 14/04/14 | Hedeland Bjergløb Marathon           | Hedehusene         | 42195 | 3:37:51 | 5:09 | 11.62 |
| 96  | 06/04/14 | ARGI marathon                        | Hvidovre           | 42195 | 3:26:49 | 4:54 | 12.24 |
| 95  | 09/03/14 | StreetCommander Trail Marathon       | Nr. Vedby grusgrav | 42195 | 4:16:26 | 6:04 | 9.87  |
| 94  | 02/03/14 | Gåsetårn marathon                    | Vordingborg        | 42195 | 3:39:31 | 5:12 | 11.53 |
| 93  | 15/02/14 | Damhus Cannonball marathon           | København          | 42195 | 3:32:26 | 5:02 | 11.92 |
| 92  | 08/02/14 | Gåsetårn marathon                    | Vordingborg        | 42195 | 3:29:07 | 4:57 | 12.11 |
| 91  | 02/02/14 | Haslev Marathon                      | Haslev             | 42195 | 3:42:34 | 5:16 | 11.38 |
| 90  | 12/01/14 | Kalundborg Vintermarathon            | Kalundborg         | 42195 | 3:42:54 | 5:16 | 11.36 |
| 89  | 31/12/13 | Fredskov Nytårsmarathon              | Næstved            | 42195 | 3:29:29 | 4:57 | 12.09 |
| 88  | 15/12/13 | Ø-marathon - æbleskiveløb            | Amager             | 42195 | 3:33:25 | 5:03 | 11.86 |
| 87  | 08/12/13 | Damhus Cannonball marathon           | København          | 42195 | 3:36:58 | 5:08 | 11.67 |
| 86  | 23/11/13 | Damhus Cannonball marathon           | København          | 42195 | 3:32:36 | 5:02 | 11.91 |
| 85  | 27/10/13 | Damhus Cannonball vintertidsmarathon | København          | 42195 | 3:30:56 | 4:59 | 12    |
| 84  | 12/10/13 | Ø-marathon                           | Amager             | 42195 | 3:31:26 | 5:00 | 11.97 |
| 83  | 30/09/13 | 40. BMW Berlin Marathon              | Berlin             | 42195 | 3:18:05 | 4:41 | 12.78 |
| 82  | 15/09/13 | Knuthenborg Safari Marathon          | Sakskøbing         | 42195 | 3:24:52 | 4:51 | 12.36 |
| 81  | 01/09/13 | Skovløberen Marathon                 | Hvalsø             | 42195 | 3:29:55 | 4:58 | 12.06 |
| 80  | 18/08/13 | Gåsetårn marathon                    | Vordingborg        | 42195 | 3:34:22 | 5:04 | 11.81 |
| 79  | 14/07/13 | Fredskov Marathon FINALEDAG løb 2    | Næstved            | 42195 | 4:12:10 | 5:58 | 10.04 |
| 78  | 14/07/13 | Fredskov Marathon FINALEDAG løb 1    | Næstved            | 42195 | 3:59:21 | 5:40 | 10.58 |
| 77  | 05/07/13 | Fredskov marathon                    | Næstved            | 42195 | 3:31:58 | 5:01 | 11.94 |
| 76  | 30/06/13 | Ø-marathon                           | Amager             | 42195 | 3:28:29 | 4:56 | 12.14 |
| 75  | 16/06/13 | Damhus Cannonball marathon           | København          | 42195 | 3:25:43 | 4:52 | 12.31 |
| 74  | 09/06/13 | Fredskov marathon                    | Næstved            | 42195 | 3:24:49 | 4:51 | 12.36 |
| 73  | 19/05/13 | Copenhagen Marathon                  | København          | 42195 | 3:20:49 | 4:45 | 12.61 |
| 72  | 04/05/13 | Firkløver marathon                   | Næstved            | 42195 | 3:33:05 | 5:02 | 11.88 |
| 71  | 24/04/13 | Fredskov marathon                    | Næstved            | 42195 | 3:38:58 | 5:11 | 11.56 |

|    |          |   |                  |       |         |      |       |
|----|----------|---|------------------|-------|---------|------|-------|
| 70 | 13/04/13 | Fredskov marathon                           | Næstved          | 42195 | 3:24:35 | 4:50 | 12.37 |
| 69 | 06/04/13 | Fredskov marathon                           | Næstved          | 42195 | 3:17:17 | 4:40 | 12.83 |
| 68 | 27/03/13 | Fredskov marathon                           | Næstved          | 42195 | 3:36:31 | 5:07 | 11.69 |
| 67 | 14/02/13 | Fredskov marathon                           | Næstved          | 42195 | 3:23:31 | 4:49 | 12.44 |
| 66 | 26/01/13 | Fredskov marathon                           | Næstved          | 42195 | 3:30:12 | 4:58 | 12.04 |
| 65 | 24/01/13 | Fredskov marathon                           | Næstved          | 42195 | 3:28:54 | 4:57 | 12.12 |
| 64 | 12/01/13 | Regions marathon                            | Avnø Naturcenter | 42195 | 3:32:50 | 5:02 | 11.9  |
| 63 | 27/12/12 | Fredskov marathon                           | Næstved          | 42195 | 3:37:23 | 5:09 | 11.65 |
| 62 | 16/12/12 | Vestegnens marathon på tour                 | Nykøbing F.      | 42195 | 3:46:33 | 5:22 | 11.18 |
| 61 | 08/12/12 | Sundruten marathon                          | Nykøbing F.      | 42195 | 3:46:05 | 5:21 | 11.2  |
| 60 | 30/11/12 | Nat-Pandelampe Trail marathon               | Gribskov         | 42195 | 4:50:53 | 6:53 | 8.7   |
| 59 | 17/11/12 | Fredskov Marathon                           | Næstved          | 42195 | 3:33:11 | 5:03 | 11.88 |
| 58 | 10/11/12 | Skodsborg marathon                          | Skodsborg        | 42195 | 3:45:31 | 5:20 | 11.23 |
| 57 | 03/11/12 | Fredskov Marathon                           | Næstved          | 42195 | 3:43:59 | 5:18 | 11.3  |
| 56 | 27/10/12 | CPH 6 timersløb - marathon                  | Albertslund      | 42195 | 3:31:36 | 5:00 | 11.96 |
| 55 | 30/09/12 | 39. BMW Berlin Marathon                     | Berlin           | 42195 | 3:40:09 | 5:13 | 11.5  |
| 54 | 15/07/12 | Stockholms 100 års-jubilæums marathon       | Stockholm        | 42195 | 3:45:09 | 5:20 | 11.24 |
| 53 | 05/04/12 | Peter Buhrs Amager strand marathon          | Amager           | 42195 | 3:37:47 | 5:09 | 11.62 |
| 52 | 18/03/12 | Sydvest marathon                            | Greve            | 42195 | 3:37:21 | 5:09 | 11.65 |
| 51 | 20/11/11 | Jagtmarathon                                | Idestrup         | 42195 | 4:11:40 | 5:57 | 10.06 |
| 50 | 25/09/11 | 38. BMW Berlin Marathon                     | Berlin           | 42195 | 3:31:56 | 5:01 | 11.95 |
| 49 | 14/08/11 | 5 tårns Pub marathon                        | Kalundborg       | 42195 | 3:37:29 | 5:09 | 11.64 |
| 48 | 08/08/11 | 2 x 100 marathon                            | Avnø Naturcenter | 42195 | 3:57:48 | 5:38 | 10.65 |
| 47 | 31/07/11 | Bryllups marathon                           | Amager           | 42195 | 3:50:22 | 5:27 | 10.99 |
| 46 | 10/07/11 | Furesø marathon                             | Furesø           | 42195 | 4:55:00 | 6:59 | 8.58  |
| 45 | 03/07/11 | Extrem Marathon                             | Svanninge bakker | 42195 | 4:40:02 | 6:38 | 9.04  |
| 44 | 02/07/11 | Møjlner Marathon                            | Fåborg           | 42195 | 3:51:43 | 5:29 | 10.93 |
| 43 | 25/06/11 | Kalundborg triple marathon nr. 2            | Kalundborg       | 42195 | 4:07:21 | 5:51 | 10.24 |
| 42 | 24/06/11 | Kalundborg triple marathon nr. 1            | Kalundborg       | 42195 | 3:44:28 | 5:19 | 11.28 |
| 41 | 03/06/11 | Langeland Canonballmarathon Claus Ø nr. 200 | Langeland        | 42195 | 3:54:26 | 5:33 | 10.8  |

|    |          |                                      |                  |       |         |      |       |
|----|----------|--------------------------------------|------------------|-------|---------|------|-------|
| 40 | 28/05/11 | Stockholm marathon                   | Stockholm        | 42195 | 3:29:22 | 4:57 | 12.09 |
| 39 | 20/05/11 | Vigersted Marathon                   | Vigersted        | 42195 | 3:51:52 | 5:29 | 10.92 |
| 38 | 15/05/11 | Vinde Helsing Maratho                | Vinde Helsing    | 42195 | 3:57:30 | 5:37 | 10.66 |
| 37 | 23/01/11 | Næstved Cannonball 2                 | Næstved          | 42195 | 3:34:28 | 5:04 | 11.8  |
| 36 | 09/01/11 | Vinter marathon                      | Kalundborg       | 42195 | 3:39:53 | 5:12 | 11.51 |
| 35 | 31/12/10 | Social marathon                      | Amager           | 42195 | 4:36:37 | 6:33 | 9.15  |
| 34 | 07/11/10 | ING New York City Marathon           | New York         | 42195 | 3:29:52 | 4:58 | 12.06 |
| 33 | 18/10/10 | Sydvest marathon efterår             | Greve            | 42195 | 3:35:34 | 5:06 | 11.74 |
| 32 | 19/09/10 | HCA marathon                         | Odense           | 42195 | 3:23:50 | 4:49 | 12.42 |
| 31 | 05/09/10 | Skovløberen Marathon                 | Hvalsø           | 42195 | 3:27:50 | 4:55 | 12.18 |
| 30 | 22/08/10 | Samsø Marathon                       | Samsø            | 42195 | 3:59:14 | 5:40 | 10.58 |
| 29 | 04/07/10 | Extrem Marathon                      | Svanninge bakker | 42195 | 4:36:04 | 6:32 | 9.17  |
| 28 | 03/07/10 | Møjlner Marathon                     | Fåborg           | 42195 | 4:07:38 | 5:52 | 10.22 |
| 27 | 26/06/10 | 5 tårns marathon                     | Kalundborg       | 42195 | 3:27:35 | 4:55 | 12.2  |
| 26 | 30/05/10 | Horsens Run - slagteri marathon      | Østbirk          | 42195 | 3:26:54 | 4:54 | 12.24 |
| 25 | 09/05/10 | Motionsslangen Cannonball marathon 2 | Nykøbing F.      | 42195 | 3:37:28 | 5:09 | 11.64 |
| 24 | 26/04/10 | Hamburg Marathon                     | Hamburg          | 42195 | 3:19:18 | 4:43 | 12.7  |
| 23 | 10/04/10 | Motionsslangen Cannonball marathon 1 | Nykøbing F.      | 42195 | 3:28:42 | 4:56 | 12.13 |
| 22 | 10/01/10 | Kalundborg Vinter Marathon           | Kalundborg       | 42195 | 3:33:32 | 5:03 | 11.86 |
| 21 | 31/12/09 | Social marathon                      | Amager           | 42195 | 3:56:08 | 5:35 | 10.72 |
| 20 | 26/12/09 | Rudersdal Cannonball marathon        | Rudersdal        | 42195 | 4:13:00 | 5:59 | 10.01 |
| 19 | 11/10/09 | Sydvest marathon                     | Greve            | 42195 | 3:24:03 | 4:50 | 12.41 |
| 18 | 21/09/09 | 36. BMW Berlin Marathon              | Berlin           | 42195 | 3:18:32 | 4:42 | 12.75 |
| 17 | 06/09/09 | Skovløberen Marathon                 | Hvalsø           | 42195 | 3:25:35 | 4:52 | 12.31 |
| 16 | 09/08/09 | 5 tårns marathon                     | Kalundborg       | 42195 | 3:35:54 | 5:07 | 11.73 |
| 15 | 05/07/09 | Extrem Marathon                      | Svanninge bakker | 42195 | 4:49:33 | 6:51 | 8.74  |
| 14 | 04/07/09 | Møjlner Marathon                     | Fåborg           | 42195 | 3:53:42 | 5:32 | 10.83 |
| 13 | 14/06/09 | Storebælt Naturmarathon              | Slagelse         | 42195 | 3:28:07 | 4:55 | 12.16 |
| 12 | 05/06/09 | Vinde Helsing Maratho                | Vinde Helsing    | 42195 | 3:35:22 | 5:06 | 11.76 |
| 11 | 24/05/09 | Copenhagen Marathon                  | København        | 42195 | 3:23:33 | 4:49 | 12.44 |

|    |          |                                  |           |       |         |      |       |
|----|----------|----------------------------------|-----------|-------|---------|------|-------|
| 10 | 02/05/09 | Fængsels marathon                | Horsens   | 42195 | 4:30:00 | 6:23 | 9.38  |
| 9  | 29/03/09 | Sørens marathon nr. 50           | Idestrup  | 42195 | 3:43:16 | 5:17 | 11.34 |
| 8  | 28/03/09 | Sydvest Marathon                 | Greve     | 42195 | 3:43:58 | 5:18 | 11.3  |
| 7  | 14/03/09 | Randers 6 timer - marathon       | Randers   | 42195 | 3:27:33 | 4:55 | 12.2  |
| 6  | 31/12/08 | Social marathon                  | Amager    | 42195 | 4:30:00 | 6:23 | 9.38  |
| 5  | 28/09/08 | 35. BMW Berlin Marathon          | Berlin    | 42195 | 3:25:26 | 4:52 | 12.32 |
| 4  | 24/08/08 | Strandvejs marathon part of WR 2 | Helsingør | 42195 | 4:12:38 | 5:59 | 10.02 |
| 3  | 18/05/08 | Glitnir Copenhagen Marathon      | København | 42195 | 3:25:38 | 4:52 | 12.31 |
| 2  | 27/04/08 | Cornegy Hamborg Marathon         | Hamborg   | 42195 | 3:35:46 | 5:06 | 11.73 |
| 1  | 30/09/07 | 34. BMW Berlin Marathon          | Berlin    | 42195 | 3:46:21 | 5:21 | 11.18 |

| Nr | Dato     | Ultra Løb   | Sted                         | Distance  | Tid      |
|----|----------|---|------------------------------|-----------|----------|
| 20 | 09/08/19 | South Coast Ultra Trail 1. Edition                    | Møn                          | 50 Km     | 5:43:32  |
| 19 | 04/11/17 | Kullamannen ultra 100 miles 2017.                     | Sverige                      | 100 miles | 31:12:09 |
| 18 | 09/09/17 | "Fjord til fjord" Avnø til Præstø og retur 1. edition | Avnø                         | 60 km     | 6:13:04  |
| 17 | 12/11/16 | HUU 50 miles unsupported                              | Hørsholm                     | 50 miles  | 9:44:00  |
| 16 | 02/04/16 | Istria100   | Kroatien                     | 100 miles | DNF      |
| 15 | 19/03/16 | North Coast Ultra                                     | Tisvildeleje                 | 53 Km     | 6:01:39  |
| 14 | 25/04/15 | Hexentanz Ultra Marathon                              | Tyskland                     | 104 km    | 15:54:00 |
| 13 | 15/08/14 | Swiss Irontrail T81                                   | Schweiz                      | 81 Km     | 19:48:22 |
| 12 | 18/01/14 | Salomon 50 miles Hammertrail Winther Edition          | Bornholm                     | 50 miles  | 12:46:19 |
| 11 | 03/08/13 | Kirstins Runde  | Norge                        | 50 miles  | 10:03:01 |
| 10 | 03/03/13 | Trans Gran Canaria TGC                                | Gran Canaria                 | 119 km    | 28:53:39 |
| 9  | 02/02/13 | VUMB  | Mols bjerge                  | 75 km     | 10:40:10 |
| 8  | 26/08/11 | CCC. Ultra Trail Mont Blanc                           | Italien - Schweiz - Frankrig | 93 km     | 19:58:13 |
| 7  | 31/07/10 | Swiss Alpine  | Schweiz                      | 78,5 km   | 9:37:36  |
| 6  | 31/01/10 | III Endurance 24 hour run                             | Finland                      | 101 Km    | 13:33:52 |
| 5  | 21/11/09 | 6 timers løb  | Grenå                        | 65 Km     | 6:00:00  |

|   |          |                  |             |          |          |
|---|----------|------------------|-------------|----------|----------|
| 4 | 24/10/09 | Cph 6 timers løb | Albertslund | 63 km    | 6:00:00  |
| 3 | 06/12/08 | Bislett 12/24    | Norge       | 150,5 km | 24:00:00 |
| 2 | 11/22/08 | 6 timers løb     | Grenå       | 65 km    | 6:00:00  |
| 1 | 06/22/08 | 24RUN            | Holte       | 141 km   | 24:00:00 |