

# Testrangliste Team Miklar:

Opdateret 12/2 2012 – opdateringer i 2011/12 sæson med fed

## 20 m acceleration:

2,54 sek.	Martin Krabbe, 85	19/5 2010
2,71 sek.	Andreas Martinsen, 90	19/5 2010
2,75 sek.	Mikkel Larsen, 81	18/10 2004
2,75 sek.	Jon Yde Bentsen, 85	20/5 2009
2,84 sek.	Thomas Cortebeeck, 81	2004
2,97 sek.	Jens Rimestad, 82	??/10 2004
2,99 sek.	Andreas K Christensen, 90	24/11 2005
2,84 sek.	Anne Møller, 87	20/5 2009
2,90 sek.	Sara S Petersen, 87	3/12 2005
3,02 sek.	Anne N Effersø, 90	5/1 2008
3,10 sek.	Ina Marie D Hjorth, 90	3/12 2005

## Flyvende 20 m:

1,89 sek.	Martin Krabbe, 85	19/5 2010
1,96 sek.	Jon Yde Bentsen, 85	5/1 2008
1,96 sek.	Andreas Martinsen, 90	19/5 2010
<b>1,96 sek.</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
2,01 sek.	Thomas Cortebeeck, 81	??/1 2010
2,16 sek.	Sara S Petersen, 87	16/12 2010
2,24 sek.	Anne Møller, 87	20/5 2009
2,27 sek.	Anne N Effersø, 90	23/5 2008
2,39 sek.	Ina Marie D Hjorth, 90	23/5 2007

## Flyvende 30 m:

2,88 sek.	Martin Krabbe, 85	19/5 2010
(2,83 sek.	<i>målt over sidste 30 m i 60 m konkur.</i>	9/2 2008)
<b>2,94 sek.</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
2,95 sek.	Andreas Martinsen, 90	22/12 2008
3,00 sek.	Jon Yde Bentsen, 85	5/1 2008
3,05 sek.	Thomas Cortebeeck, 81	??/1 2010
3,23 sek.	Mikkel Larsen, 81	??/3 2004
3,37 sek.	Jakob Larsen, 84	2/3 2006
3,40 sek.	Jens Rimestad, 82	??/10 2004
3,41 sek.	Andreas K Christensen, 90	2/3 2006
3,48 sek.	Holger Rytter, 91	2/3 2006
3,58 sek.	Kofi Amonoo, 91	2/3 2006
3,25 sek.	Sara S Petersen, 87	16/12 2010
3,40 sek.	Anne N Effersø, 90	9/1 2009
3,41 sek.	Anne Møller, 87	20/5 2009
3,58 sek.	Cecilie F Sørensen, 86	2/3 2006
3,63 sek.	Ina Marie D Hjorth, 90	23/5 2007

3,68 sek.	Johanne Rytter, 88	2/3 2005
3,68 sek.	Christina Poulsen, 91	18/12 2007
3,79 sek.	Marie-Louise Jørgensen, 87	2/3 2006
3,95 sek.	Patricia Lundsgaard, 92	2/2 2006

### **150 m fra stående:**

<b>15,5 sek.</b>	<b>Andreas Martinsen, 90</b>	<b>11/1 2012</b>
15,6 (w) sek.	Martin Krabbe, 85	8/1 2008
16,0 sek.	Jon Yde Bentsen, 85	2/7 2009
16,2 sek.	Thomas Cortebecck, 81	??/7 2006
16,9 sek.	Andreas K Christensen, 90	22/5 2008
17,7 sek.	Sara S Petersen, 87	22/5 2008
18,3 sek.	Anne Nordentoft Effersø, 90	22/5 2008
18,4 sek.	Anne Møller, 87	20/5 2009
19,9 sek.	Ina Marie D Hjorth, 90	23/5 2007
22,4 sek.	Christina Poulsen, 91	23/5 2007

### **300 m fra stående:**

34,5 sek.	Thomas Cortebecck, 81	12/1 2008
38,6 sek.	Sara S Petersen, 87	10/1 2009
42,0 sek.	Ina Marie D Hjorth, 90	23/5 2007

### **600 m fra stående:**

96,7 sek.	Sara S Petersen, 87	6/1 2009
98,7 sek.	Ina Marie D Hjorth, 90	23/5 2007

### **Coopertest:**

3465 m	Thomas Cortebecck, 81	1/12 2007
3220 m	Andreas K Christensen, 90	17/11 2007
3095 m	Andreas Martinsen, 90	6/12 2008
3075 m	Martin Krabbe, 85	27/11 2004
3050 m	Jon Yde Bentsen, 85	6/12 2008
2950 m	Jakob Larsen, 84	17/11 2007
2865 m	Johan Delaire, 88	5/12 2007
2630 m	Holger Rytter, 91	5/12 2007
3170 m	Ina Marie D Hjorth, 90	1/12 2007
3115 m	Sara S Petersen, 87	6/12 2008
2985 m	Cecilie F Sørensen, 86	17/11 2007
2791 m	Anne Møller, 87	6/12 2008
2440 m	Christina Poulsen, 91	6/12 2007
2400 m	Souzane Khalidan, 84	17/11 2007

#### 4-kants test (ca. 1290 m):

<b>3.39 min</b>	<b>Thomas Cortebeeck, 81</b>	<b>29/10 2011 (dobbelt: 8.29)</b>
4.03 min	Martin Krabbe, 85	15/11 2010 (dobbelt: 10.02)
<b>4.04 min</b>	<b>Christian L Nielsen, 91</b>	<b>26/11 2011</b>
<b>4.14 min</b>	<b>Andreas Martinsen, 90</b>	<b>30/11 2011</b>
<b>4.17 min</b>	<b>Jon Yde Bentsen, 85</b>	<b>30/11 2011</b>
4.35 min	Andreas K Christensen, 90	4/10 2008 (dobbelt: 9.42)
4.56 min	Holger Rytter, 91	4/10 2008
<b>4.11 min</b>	<b>Sara Petersen, 87</b>	<b>26/11 2011 (dobbelt 9.47)</b>
4.36 min	Anne Møller, 87	25/11 2009
<b>4.40 min</b>	<b>Cecilie F Sørensen, 86</b>	<b>26/11 2011 (dobbelt: 10.07)</b>
5.01 min	Patricia Lundsgaard, 92	4/10 2008 (dobbelt: 10.24)
5.03 min	Nathalie K Hansen, 91	4/10 2008 (dobbelt: 11.15)
5.06 min	Anne Effersø, 90	25/11 2009

#### Stående længde:

3,40 m	Martin Krabbe, 85	25/6 2009
3,21 m	Thomas Cortebeeck, 81	25/2 2011
<b>3,15 m</b>	<b>Christian L Nielsen, 91</b>	<b>19/1 2012</b>
<b>3,01 m</b>	<b>Andreas Martinsen, 90</b>	<b>19/1 2012</b>
2,96 m	Jon Yde Bentsen, 85	17/2 2009
2,89 m	Daniel B Christensen, 87	?/7 2008
2,85 m	Mikkel Larsen, 81	11/10 2004
2,79 m	Jens Rimestad, 82	??/10 2004
2,73 m	Andreas K Christensen, 90	19/2 2008
2,80 m	Holger Rytter, 91	19/2 2008
2,61 m	Jakob Larsen, 84	3/12 2006
2,54 m	Kian H Hansen, 91	2/3 2006
2,64 m	Sara S Petersen, 87	16/12 2010
2,57 m	Anne N Effersø, 90	19/2 2008
2,38 m	Anne Møller, 87	6/12 2008
2,34 m	Ina Marie D Hjorth, 90	??/11 2004
2,33 m	Cecilie F Sørensen, 86	24/11 2005
2,30 m	Johanne Rytter, 88	??/11 2004
2,28 m	Janne Marie Barslev, 82	24/11 2005
2,25 m	Christina Poulsen, 91	6/1 2007
2,24 m	Nathalie Kold-Hansen, 91	?/7 2008
2,19 m	Patricia Lundsgaard, 92	?/7 2008
2,18 m	Marie-Louise Jørgensen, 87	24/11 2005

#### 5 spring fra stående:

16,01 m	Thomas Cortebeeck, 81	2009
15,05 m	Martin Krabbe, 85	26/5 2006

<b>14,93 m</b>	<b>Andreas Martinsen, 90</b>	<b>15/12 2011</b>
14,82 m	Jon Yde Bentsen, 85	17/1 2009
14,52 m	Mikkel Larsen, 81	11/10 2004
<b>14,38 cm</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
13,05 m	Jens Rimestad, 82	19/2 2008
13,00 m	Andreas K Christensen, 90	21/2 2008
12,77 m	Jakob Larsen, 84	2/3 2006

12,96 m	Anne Møller, 87	27/1 2009
12,58 m	Sara S Petersen, 87	23/5 2008
11,50 m	Anne Effersø, 90	21/2 2008
10,65 m	Christina Poulsen, 91	21/2 2008
10,47 m	Ina Marie D Hjorth, 90	3/12 2005
10,35 m	Patricia Lundsgaard, 92	21/2 2008
10,34 m	Marie-Louise Jørgensen, 87	21/2 2008
10,10 m	Cecilie F Sørensen, 86	21/2 2008

**SJ:**

72,6 cm	Martin Krabbe, 85	16/12 2010
<b>58 cm</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
57 cm	Jon Yde Bentsen, 85	22/5 2008
56 cm	Andreas Martinsen, 90	20/5 2009
55 cm	Thomas Cortebeeck, 81	1/12 2007
47 cm	Holger Rytter, 91	1/12 2007
42 cm	Andreas K Christensen, 90	22/5 2008
40 cm	Jakob Larsen, 84	22/5 2008

50 cm	Sara S Petersen, 87	20/5 2009
48 cm	Anne N Effersø, 90	6/12 2009
45 cm	Anne Møller, 87	20/5 2009
38 cm	Marie-Louise Jørgensen, 87	22/5 2008
36 cm	Ina Marie D Hjorth, 90	22/5 2008
32 cm	Malene B Jørgensen, 93	22/5 2008
32 cm	Nathalie Kold-Hansen, 91	22/5 2008
31 cm	Christina Poulsen, 91	1/12 2007

**CMJ:**

76 cm	Martin Krabbe, 85	19/5 2010
69 cm	Andreas Martinsen, 90	1/12 2007 og 20/5 2009
<b>69 cm</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
66 cm	Thomas Cortebeeck, 81	1/12 2007
63 cm	Mikkel Larsen, 81	11/10 2004
61 cm	Holger Rytter, 91	1/12 2007
61 cm	Jon Yde Bentsen, 85	16/12 2010
59 cm	Jens Rimestad, 82	??/10 2004
54,9 cm	Sara S Petersen, 87	16/12 2010
50 cm	Anne Effersø, 90	6/12 2009

50 cm	Anne Møller, 87	6/12 2009
36 cm	Ina Marie D Hjorth, 90	1/12 2007
33 cm	Christina Poulsen, 91	1/12 2007

**Kuglekast 3 kg kvinder – bagud:**

<b>17,09 m</b>	<b>Sara S Petersen, 87</b>	<b>02/01 2012</b>
15,24 m	Anne N Effersø, 90	17/2 2009
15,?? m	Anne Møller, 87	??/? 2009
14,40 m	Cecilie F Sørensen, 86	?/7 2008
12,90 m	Christina Poulsen, 91	21/2 2008
12,06 m	Patricia Lundsgaard, 92	?/7 2008
11,73 m	Ina Marie D Hjorth, 90	1/12 2007
11,62 m	Nathalie Kold-Hansen, 91	?/7 2008
10,98 m	Marie–Louise Jørgensen, 87	2/3 2006

**Kuglekast 4 kg kvinder – bagud:**

15,80 m	Sara S Petersen, 87	16/12 2010
13,38 m	Anne Møller, 87	6/12 2009
9,63 m	Janne Marie Barslev, 82	23/11 2005
9,33 m	Marie-Louise Jørgensen, 87	23/11 2005
8,67 m	Souzane Khalidan, 84	23/11 2005

**Kuglekast 4 kg mænd – bagud:**

22,89 m	Andreas Martinsen, 90	19/5 2010
<b>21,40 m</b>	<b>Christian L Nielsen, 91</b>	<b>09/01 2012</b>
21,23 m	Thomas Cortebecck, 81	30/6 2011
19,91 m	Mathias Andersen, 88	?/2 2009
19,76 m	Martin Krabbe, 85	31/1 2011
18,67 m	Jon Yde Bentsen, 85	?/7 2008
18,55 m	Mikkel Larsen, 81	8/1 2008
17,75 m	Andreas K Christensen, 90	21/2 2008
17,72 m	Daniel B Christensen, 87	?/7 2008
16,49 m	Jens Rimestad, 82	??/10 2004
14,80 m	Holger Rytter, 91	1/12 2007
14,35 m	Jakob Larsen, 84	?/7 2008

**Kuglekast 7,26 kg mænd – bagud:**

17,54 m	Andreas Martinsen, 90	17/12 2009
14,45 m	Thomas Cortebecck, 81	1/12 2007
14,24 m	Martin Krabbe, 85	17/12 2009
<b>13,43 m</b>	<b>Christian L Nielsen, 91</b>	<b>15/12 2011</b>
<b>13,29 m</b>	<b>Jon Yde Bentsen, 85</b>	<b>15/12 2011</b>

**Kuglekast 4 kg mænd – fremad:**

<b>20,30 m</b>	<b>Andreas Martinsen, 90</b>	<b>09/01 2012</b>
19,33 m	Martin Krabbe, 85	17/2 2011
<b>18,00 m</b>	<b>Christian L Nielsen, 91</b>	<b>09/01 2012</b>
<b>16,75 m</b>	<b>Jon Yde Bentsen, 85</b>	<b>09/01 2012</b>

**Kuglekast 3 kg kvinder – fremad:**

**15,02 m** Sara S Petersen, 87 02/01 2012

**Dybe ben 1 RM:**

**160 kg** Martin Krabbe, 85 15/12 2011  
**150 kg** Christian L Nielsen, 91 15/12 2011  
140 kg Thomas Cortebeeck, 81 14/1 2011  
**135 kg** Andreas Martinsen, 90 15/12 2011  
**120 kg** Jon Yde Bentsen, 85 15/12 2012 (3x115 kg 22/11 2011)  
80 kg Jakob Larsen, 84 2007

70 kg (x3) Sara S Petersen, 87 6/12 2008  
70 kg (x3) Anne Møller, 87 6/12 2008

**Frivend 1 RM:**

125 kg Thomas Cortebeeck, 81 8/2 2011  
**125 kg** Andreas Martinsen, 90 15/12 2011  
120 kg Martin Krabbe, 85 17/12 2009  
**110 kg** Christian L Nielsen, 91 15/12 2011  
97,5 kg Mikkel Larsen, 81 2003  
**97,5 kg** Jon Yde Bentsen, 85 15/12 2011  
90 kg Andreas K Christensen, 90 23/2 2008  
87,5 kg Jakob Larsen, 84 2006  
70 kg Holger Rytter, 91 23/2 2008

80 kg Sara S Petersen, 87 16/12 2010  
65 kg Anne Møller, 87 17/12 2009  
62,5 kg Anne N Effersø, 90 12/7 2009  
52,5 kg Cecilie F Sørensen, 86 1/3 2006  
45 kg Marie-Louise Jørgensen, 87 23/2 2008

**Træk 1 RM:**

**80 kg** Thomas Cortebeeck, 81 ?/1 2012  
72,5 kg Martin Krabbe, 85 19/12 2007  
**68 kg (x3)** Andreas Martinsen, 90 02/01 2012  
65 kg Jon Yde Bentsen, 85 23/2 2008  
**65 kg (x3)** Christian L Nielsen, 91 03/01 2012  
50 kg Jakob Larsen, 84 23/2 2008

**Bænkpres 1 RM:**

**135 kg** Thomas Cortebeeck, 81 ?/1 2012  
**115 kg** Christian L Nielsen, 91 22/11 2011  
112,5 kg Mikkel Larsen, 81 2004  
105 kg Andreas Martinsen, 90 1/9 2009  
100 kg Martin Krabbe, 85 22/4 2011  
97,5 kg Jakob Larsen, 84 2004  
95 kg Jon Yde Bentsen, 85 19/12 2007

75 kg	Holger Rytter, 91	23/2 2008
72,5 kg	Andreas K Christensen, 90	23/2 2008
<b>55 kg</b>	<b>Sara S Petersen, 87</b>	<b>22/11 2011</b>
52,5 kg	Anne Møller, 87	1/9 2009
52 kg	Anne N Effersø, 90	9/1 2009
50 kg	Cecilie F Sørensen, 86	1/3 2006
50 kg	Marie-Louise Jørgensen, 87	23/2 2008
42,5 kg	Bodil Have, 87	1/3 2006
30 kg	Patricia Lundsgaard, 92	23/2 2008