

Startliste – JFM Lang 2026

2026-08-16

Begynder

–	Helle Sørensen	2475 meter OK Melfar	Start 608046
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D10

–	Agnes Taudahl Søndergaard	2475 meter Herning OK	Start 431036
–	Cirkeline Juel Zornow	Horsens OK	8050616
–	Freja Oscar Søes	Silkeborg OK	8528997
–	Iben Mogensen	Silkeborg OK	1505244
–	Ida Damkjær Thorsen	OK Snab	1502337
–	Lærke Katrine Helmer Nielsen	Silkeborg OK	2420830
–	Mathilde Lindorf	OK Snab	8534883
–	Nanna Rosenkilde Christensen	Silkeborg OK	2111251

D12

–	Astrid Winther Vangsgaard	2825 meter RSOK	Start 2660916
–	Elvira McGrail	Silkeborg OK	8546522
–	Emma Oscar Søes	Silkeborg OK	8533413
–	Gertrud Gaarde Poulsen	OK Pan	2420835
–	Josephine Vide Markussen	Horsens OK	8150617
–	Karen Andersen	Silkeborg OK	8546525
–	Maja Skouenborg	OK Snab	8514431
–	Nerea Martin	OK GORM	8502450
–	Sofie Kops	OK Melfar	1451379

D14

–	Alberte Lindorf	5100 meter OK Snab	Start 8079933
–	Clara R. Christensen	Silkeborg OK	8120417
–	Ellen Andersen	Silkeborg OK	8535848
–	Lærke Skammelsen Gilleladen	OK Pan	2159211
–	Mille Mathilde Hvilsted Hansen	Silkeborg OK	2660932
–	Nynne Mølgaard Nielsen	Odense OK	1450226

D14B

–	Johanne Sundahl Jespersen	2825 meter Horsens OK	Start 2660954
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D16

–	Astrid Lykke Nielsen	6325 meter Horsens OK	Start 8300411
–	Marie Fjordside Pagh	OK Snab	8527903
–	Sara Terkelsen Garcia	OK GORM	8073972

D20

–	Anna Kaldahl Hornbæk	7175 meter OK Pan	Start 8037116
–	Katrine Halkjær Dupont	OK Pan	8071641
–	Signe Møller Skaug	OK Pan	8251207

D21		11100 meter	Start
–	Johanne Jager Jensen	1900 Orientering	2660957
–	Maria Bo Kølback	1900 Orientering	1410772
–	Theresa Skouboe	Horsens OK	8661590
–	Zenia Hejlskov Mogensen	Silkeborg OK	892306
D21AK		6325 meter	Start
–	Rikke Stamp	OK Snab	31331
D21B		6000 meter	Start
–	Carolina Anderskou	OK Pan	9141592
–	Lea Mejdahl Lind	OK FROS	7211555
D35		6700 meter	Start
–	Rikke Vide Markussen	Horsens OK	435641
D40		6700 meter	Start
–	Ane Linde	Silkeborg OK	8635839
–	Gry R Christensen	Silkeborg OK	8640935
–	Helle Pilgaard Langer	Aalborg OK	8004826
–	Karina Boen Skouenborg	OK Snab	8664247
–	Louise Falster-Sørensen	OK Syd	2163751
D45		6325 meter	Start
–	Kamilla Kristensen	OK H.T.F.	8635820
–	Stinne Skammelsen	OK Pan	2159210
–	Tina Kronborg Vallentin	Horsens OK	7502017
D50		6125 meter	Start
–	Gitte R. Christoffersen	Svendborg OK	8526888
–	Hanne Kidmose	1900 Orientering	2420847
–	Irene K. Mikkelsen	Horsens OK	8040605
–	Kety Balibrea	OK GORM	8444651
–	Lone Fyhn Olesen	Odense OK	8012351
–	Rikke Holm	Horsens OK	8070471
D55		6125 meter	Start
–	Helene Nissen	OK Snab	2801469
–	Jette Klogborg	OK H.T.F.	8667875
D60		4050 meter	Start
–	Anne Grethe Eriksen	OK FROS	7211580
–	Bettina Gjedde	Mariager Fjord OK	213906
–	Guri Alm	OK H.T.F.	2083209
–	Helle Svenningsen	1900 Orientering	348372
–	Lone Rasmussen	OK Snab	8010766
–	Mette Edsen	Nordvest OK	800029
D65		4050 meter	Start
–	Anne Mette Abplanalp	Kolding OK	8251061
–	Annette Færing	Svendborg OK	439315

–	Britta Ank Pedersen	Horsens OK	1407789
–	Gitte Isen	Herning OK	8016661
–	Hanne Ljungberg	OK Syd	2128808
–	Kate Nielsen	OK Snab	1411252
–	Lene Kofoed Petersen	Horsens OK	1091959

D70

		3200 meter	Start
–	Anne-Mette Kirkegaard	Silkeborg OK	2049213
–	Helle Schou	OK Snab	758303
–	Inge Price Jensen	Odense OK	421778
–	Ingrid Johannsen	Silkeborg OK	1425092
–	Karin Wæhrens	OK Vendelboerne	2086050
–	Pia Gade	Viborg OK	8310953
–	Tove Straarup	Horsens OK	1540604

D75

		3200 meter	Start
–	Ann Dorrit Hansen	OK Djurs	434059
–	Birthe Helms	Silkeborg OK	7205314
–	Edith Sørensen	Aalborg OK	351407
–	Inger Marie Haahr	OK H.T.F.	1401729
–	Lisbet Nielsen	OK Vendelboerne	9101724
–	Lisbeth Damsgaard	Søllerød OK	8656153
–	Mona Nørgaard	OK Pan	8488504

D80

		2150 meter	Start
–	Ellen Thomsen	OK Vendelboerne	443279

D85

		2150 meter	Start
–	Aase Thyssen	Horsens OK	1013306

D-Let

		2825 meter	Start
–	Anna Brinch-Lundgaard	Horsens OK	2660951
–	Betina Bernholm Müller	OK Syd	1414361
–	Diana Nyborg	Horsens OK	2660922
–	Hanne kops	OK Melfar	2660935
–	Line Knudsen	Skive AMOK	2660920
–	Line Nyborg	Horsens OK	2660942
–	Lizette Pedersen	Horsens OK	2420839

H10

		2475 meter	Start
–	Bjørn Vestergaard Tandal	Skive AMOK	2660959
–	Mathias Linde Lassen	Silkeborg OK	8143218
–	Nor Sloth Dybdal	OK Pan	23148
–	Oliver Vide Markussen	Horsens OK	8060917
–	Sebastian Linde Lassen	Silkeborg OK	1406158
–	Sigurd Refslund	OK Pan	2660938
–	Storm Mejdahl Lind	OK FROS	7211550
–	Thor Mejdahl Lind	OK FROS	7211556

H12

–	Alfred Damkjær Thorsen	2825 meter	Start
–	Elias Brandstrup Fegar	OK Snab	8536585
–	Elliot Schjøtt Reiche	Kolding OK	8526730
–	Kirk Beuchert	Silkeborg OK	2660962
–	Magnus Lindorf	OK Pan	8529011
–	Maks Ove Jacobsen	OK Snab	8545470
–	Oskar Skajaa	Horsens OK	2660910
–		OK Pan	8542544

H14

–	Emil Skouenborg	5100 meter	Start
–	Esben Christensen	OK Snab	8514696
–	Magne Halvor Obel	Silkeborg OK	8180400
–	Magne Halvor Obel	OK Pan	8500983
–	Magnus Oscar Søes	Silkeborg OK	8240912
–	Mikkel Kops	OK Melfar	8541451
–	Richard Elias Kronborg Vallentin	Horsens OK	7501625
–	Robert Lervad Lundø	Horsens OK	8008031

H16

–	Jonas Klærke Mikkelsen	7175 meter	Start
		Horsens OK	8547803

H18

–	Eskild Stig Nielsen	11100 meter	Start
–	Magnus Mølgaard Nielsen	Horsens OK	8120309
–	Mattias Klostergaard Rokkjær	Odense OK	8005280
–		Silkeborg OK	8008534

H20

–	Oscar Terkelsen Garcia	11100 meter	Start
		OK GORM	8073965

H20B

–	Laurits Møller Balling	6000 meter	Start
		1900 Orientering	2660930

H21

–	Axel Örnhausen Jørgensen	13050 meter	Start
–	Casper Thygesen	OK Snab	8057100
–	Felix Isaksen	OK Snab	8181199
–	Magnus Lindahl	OK Snab	8529009
–	Mikkel Holm Nielsen	OK Melfar	8628450
–	Oscar Sig Tranberg	OK Pan	8073737
–	Simon Thrane Hansen	OK Pan	8646088
–	Thomas Emil Jensen	Søllerød OK	7202757
–	Thomas Steinthal	Horsens OK	8640527
–		OK Pan	8180499

H21AK

–	Jonathan Ramus	6700 meter	Start
–	Kasper Mejdahl Lind	OK FROS	7211579
		OK FROS	7211554

H21B

–	Kenneth Juel Zornow	6000 meter	Start
		Horsens OK	8130787

H35		11100 meter	Start
–	Frederik Højholt Andersen	OK Pan	8520115
–	Kristoffer Sloth	OK Pan	8512041
H40		9825 meter	Start
–	Christian Christensen	Silkeborg OK	831984
–	Tue Lassen	Silkeborg OK	8500984
H45		9825 meter	Start
–	Allan Reiche	OK Vendelboerne	8543597
–	Gintas Bloze	Odense OK	8523637
–	Lars Schmidt Johansen	OK Melfar	8512083
H45AK		6125 meter	Start
–	Bjørn R. Christoffersen	Svendborg OK	1415123
–	Thomas Sørensen	OK Melfar	760172
H45B		5100 meter	Start
–	Lars Kops	OK Melfar	1504264
H50		8450 meter	Start
–	Allan Skouboe	Horsens OK	8656915
–	Chris Terkelsen	OK GORM	8022836
–	Frank Dabelstein	1900 Orientering	431196
–	Jakob Q Christensen	Odense OK	1402984
–	Morten Frederiksen	Aalborg OK	8004825
–	Patrick McGrail	Silkeborg OK	8063833
–	Poul Erik Kjær	OK H.T.F.	2213984
–	René Rokkjær	Silkeborg OK	8041974
–	Thomas Fredberg	Silkeborg OK	8440001
–	Troels Nielsen	Horsens OK	8654585
H55		6700 meter	Start
–	Bjarne Johannsen	OK Syd	1414359
–	Carsten Thyssen	Horsens OK	8021269
–	Jesper Fenger-Grøn	OK Snab	8089684
–	John Bargmeyer	OK Syd	1414358
–	Lars Klogborg	OK H.T.F.	8667874
–	Lasse Madsen	Mariager Fjord OK	1426259
–	Mads Mikkelsen	Horsens OK	8010370
–	Morten Mølgaard Nielsen	Odense OK	8005268
H60		6700 meter	Start
–	Carsten Lind	OK FROS	8143226
–	Jan Thomsen	OK Pan	8506832
–	Jens Ozol	Silkeborg OK	8310947
–	Kent Kragh	OK Pan	8661578
–	Kent Lodberg	OK Pan	8513690
–	Michael Fischer	Aalborg OK	8657522
–	Niels Jensen	OK Esbjerg	8536579

–	Niels Nygaard Jensen	OK Snab	8201064
–	Ole Lind	Ballerup OK	8009297
–	Walther Rahbek	Aalborg OK	1690101

H65

		6325 meter	Start
–	Allan Vilhelm Grundsøe	Odense OK	8544658
–	Arne Bertelsen	OK H.T.F.	8201024
–	Erik Bobach	Silkeborg OK	1406090
–	Frank Krog Jensen	Horsens OK	8633627
–	Hans Jørgen Vad	Horsens OK	1407794
–	Henning Schou	OK Snab	7583220
–	Jens Børsting Klenum	Silkeborg OK	8110258
–	Jess Rasmussen	Viborg OK	8523629
–	Lars T. Munch	OK Snab	8030158
–	Morten Kjær	Silkeborg OK	8310963
–	Ole Gadsbølle	OK Esbjerg	8111653
–	Ole Gjøderum	1900 Orientering	208954
–	Ole Jensen	Mariager Fjord OK	213934
–	Per Filskov	OK Snab	8243155
–	Søren Dall	OK H.T.F.	8628463
–	Søren Germann	OK GORM	1004388

H70

		4450 meter	Start
–	Claes Ø. Larsen	Odense OK	1410577
–	Flemming Johannsen	Silkeborg OK	223350
–	Jørn H. Klausen	OK Syd	1508521
–	Keld Gade	Viborg OK	8310929
–	Knud Jespersen	OK Snab	8251155
–	Per Storm Hansen	Svendborg OK	9080455
–	Søren Munthe	Mariager Fjord OK	8546484
–	Torben Hansen	OK FROS	1419950
–	Torben Rasmussen	Odense OK	2083208

H75

		4450 meter	Start
–	Carl Malling	Randers OK	7007777
–	Erik Damgaard	Fyns PI	8089677
–	Erik Ljungdahl	Faaborg OK	8203302
–	Erik Pedersen	OK Vendelboerne	2660929
–	Finn Jørgensen Aaris	OK H.T.F.	444659
–	Hans Aage Hvalsøe Hansen	Fyns PI	1402403
–	Hans Christian Strib	Odense OK	8111112
–	Jørgen Münster-Swendsen	Silkeborg OK	8008528
–	Kjell Walter Sørensen	OK Vendelboerne	2051679
–	Knud Fjordvald	Silkeborg OK	8670224
–	Kurt Finn Petersen	Fyns PI	8524345
–	Niels Erik Kofoed	OK H.T.F.	1402982
–	Niels Rabølle	Odense OK	1410584
–	Peer Straarup	Horsens OK	1181051
–	Poul Egander Grøn	Silkeborg OK	2660949
–	Poul Erik Buch	OK GORM	8631599

–	Ronnie McGrail	Søllerød OK	8506684
–	Sven Madsen	OK FROS	1419951
–	Torben Isen	Herning OK	8508379

H80**3200 meter****Start**

–	Clive Allen	Silkeborg OK	1013313
–	Finn Hørup Nielsen	OK Vendelboerne	8512034
–	Flemming Wedell	Odense OK	1428698
–	Jørgen Olesen	Odense OK	8523623
–	Lars Ole Larsen	Silkeborg OK	1451969
–	Max Hansen	OK Djurs	8004828
–	Per F. Henriksen	OK H.T.F.	1401730
–	Poul Nøhr	Silkeborg OK	1401703

H85**3200 meter****Start**

–	Asger Kristensen	Herning OK	1031975
–	Gunnar Odgaard	OK GORM	8012353
–	Herluf Jensen	Svendborg OK	9441867
–	Holger Mikkelsen	Odense OK	889649
–	Kai Ø. Laursen	Aalborg OK	351408
–	Ole F. Thomsen	OK Vendelboerne	216753

Åben 2**6325 meter****Start**

–	Simon Fjordvald	Silkeborg OK	8536591
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Åben 3**3200 meter****Start**

–	Jørgen Jørgensen	Silkeborg OK	8212021
–	Peter Skov Nielsen	OK Snab	8230860
–	Steffen Damkjær Hansen	OK Snab	1401722