

## Personlige rekorder på 30 km

Navn	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003
Anders Primdal				0:47:44										
Bent Lehmann												0:54:18		0:51:18
Bent Lintrup				00:46:42										
Bjarne Hansen													0:46:50	0:49:03
Bjarne Søberg	01:00:56				0:56:35						01:11:01			
Bjørn Andersen							0:44:41	0:45:22	0:43:54			0:45:29	0:47:24	0:45:41
Bo Alsted Hofer							0:41:51	0:44:58	0:44:18					
Bo Jørgensen						0:48:02	0:48:12							
Bo Nielsen							0:49:08	0:53:11			0:50:53	0:49:00		
Brian Jørgensen					00:51:34	0:52:47	0:53:35							
Carsten H. Jensen					0:48:53		0:47:24							
Claus Villy Larsen				0:44:37	0:45:52	0:47:36								
Dan Christensen					0:53:53									
Erik Lau	01:03:12	0:56:53		00:54:03										
Erling Bjørn Jensen							0:53:31	01:04:24						
Frank Lauridsen								0:52:36						
Henrik Bendtsen				00:55:13										
Jan Achton					00:47:27	0:48:16	0:48:47							
Jean-Paul Wandevinkel					0:56:12		0:57:07							
Jens Galle					00:58:03			0:58:06						
Jens Nørgaard						0:42:45	0:43:19							
Jesper Nilsson								0:46:24	0:48:54	0:47:11				
John B. Jensen				0:51:29	0:50:11			0:48:11	0:48:28					
John Christensen	0:59:09	0:57:07		0:56:47			0:53:39	0:57:24		0:56:52		0:54:53	0:56:03	0:53:31
Johnni Damm											0:50:38	0:49:16		0:49:35
Johnny Asgaard Jensen						0:55:24								
Jørgen Halberg		0:49:04		00:50:10										
Jørgen Johansen												0:50:02		0:50:48
Kaj Flindt				0:53:43		0:52:43		00:51:39	0:49:58		0:50:34		0:50:38	

Bent Lehmann												0:54:18	0:51:18
Karsten Jørgensen						0:47:21	0:52:38		0:56:30				
Karsten Pedersen						0:48:52							
Kell Wolert				00:49:14									
Kenn Schmidt						0:46:02							
Kennet Kusk				00:49:41									
Kenneth Lindegaard				0:46:54	0:49:06								
Kim Engstrøm						0:49:59							
Kim Jensen		0:47:32			0:46:34	0:47:29							
Klaus Liltorp								0:53:19					
Klaus Mørck				01:00:21				0:52:52		0:54:08			0:52:29
Lars Hansen									0:52:49	0:52:52			
Lars Holm		0:45:59	0:49:09										
Lisbet Mørck										01:05:22			
Martin Olsen				00:51:21									
Micael Becker			0:50:46		0:51:11								
Michael Nielsen				00:53:31									
Michael Rytter	0:50:31			0:46:56	0:48:32	0:51:11	0:52:24						
Mikael Laursen											0:44:56	0:48:00	0:47:57
Mogens Eliassen		0:59:36		00:56:33									
Mogens Pedersen							0:53:22				0:51:48		
Morten Kristoffersen					0:45:33	0:45:31	0:46:14						
Morten Nielsen		0:44:55		0:44:23	0:43:37	0:48:15	0:43:00	0:46:25					0:50:40
Morten Thulin		0:55:44			00:51:48								
Nicolaj Egsgaard					0:44:26	0:46:02							
Niels Bergstrøm							0:50:52						
Niels Christensen		0:48:37											
Niels Henrik Olsen					0:51:14								
Ole Hansen											0:50:54		
Ove Jauert											0:52:16		
Palle Nauntoft								0:52:30		0:52:17			

Bent Lehmann											0:54:18		0:51:18	
Preben Brix							0:52:02	0:51:25						
Preben Lang Jensen									0:58:48	01:10:30	01:03:05	01:02:15		
Sonny Petersen				0:52:35										
Steen Rasmussen				0:45:27										
Stig Hardt											0:57:29			
Søren Dankelev						0:52:51	0:53:19		0:51:30	0:53:01	0:51:33			
Thomas Ege			0:48:53		0:50:22									
Thomas Kock						0:53:04								
Thomas Roeder		0:43:24		0:43:06	0:42:29	0:41:50	0:41:29	0:43:00	0:42:52		0:48:16		0:53:20	
Torben Jørgensen	00:53:22	0:52:53		00:50:32										
Torben R. Jørgensen						0:50:20				0:50:19	0:49:26		0:51:48	0:49:00
Troels Hansen	00:47:29			0:42:24	0:59:47	0:46:44	0:50:44							