

## UF Contacts årsbästa kvinnor 2014

| <b>60m</b>                 | <b>Utomhus</b> | <b>Inomhus</b> |
|----------------------------|----------------|----------------|
| Julia Suua 96              |                | 8.50*          |
| Alma Lundin 01             | 9.23           | 8.74*          |
| Lina Öhman 91              |                | 8.90*          |
| Madeleine Borg 96          |                | 9.09**         |
| Malin Gustafsson 76        |                | 9.20**         |
| Klara Omdal 01             | 9.25           |                |
| Filippa Kardum 03          | 9.53           | 9.34*          |
| Isabella Axelsson 03       | 9.78           | 9.45*          |
| Ellen Holmberg 02          | 9.58           | 9.59*          |
| Anita Pasternak 94         |                | 9.63**         |
| Amanda Törgren 04          | 9.97           | 9.71*          |
| Emilia Olsson 03           | 9,86           | 9.73*          |
| Natalie Pezo-Liljengren 05 | 9.97w(10.01)   | 10.80          |
| Linnea Holmberg 02         | 10.00          | 10.44*         |
| Ellen Widerstrand 04       | 10.22          |                |
| Tilda Nilsson 02           | 10.24          | 10.42*         |
| Smilla Åkesson 04          | 10.40          | 10.26          |
| Freja Olofsson 02          | 10.72          | 10.26*         |
| Tuvalie Ekvall 04          | 11.64          | 10.93*         |
| Frida Karlsson 05          | 11.10          |                |
| Ellen Karlsson 05          | 11.15          |                |
| Nelly Sundstam 08          |                | 11.19*         |
| Alice Olofsson 07          | 11.94          |                |
| Thea Wiktorsson 06         | 12.16          |                |
| Elvira Ahlstedt 08         | 12.95          |                |
| Nova Kvist 07              | 13.42          |                |
| <b>80m</b>                 |                |                |
| Josefin Nilsson-Persson 00 | 11.18          |                |
| Lovisa Ravemyr 00          | 12.09          |                |
| Freja Olofsson 02          | 13.41          |                |
| Alisa Penkina 00           | 13.44          |                |
| <b>100m</b>                |                |                |
| Julia Suua 96              | 13.71          |                |
| Lina Öhman 91              | 14.30          |                |
| Madeleine Borg 96          | 14.61          |                |
| Anita Pasternak 94         | 15.32          |                |
| Kerstin Henmyr 36          | 18.83          |                |
| <b>200m</b>                |                |                |
| Julia Suua 96              | 27.39          | 28,57*         |
| Maria Ekvall 74            | 28.68(29.14)   | 28.91*         |
| Kajsa Nilsson 00           |                | 29.44          |
| Lina Öhman 91              | 30.39          | 30,48*         |
| Isabella Axelsson 03       | 32.44w         | 30.96*         |
| Filippa Kardum 03          | 32.45          | 31.18*         |

|                            |       |        |
|----------------------------|-------|--------|
| Ellen Holmberg 02          | 31.35 | 32.68* |
| Emilia Olsson 03           | 34.08 | 33.14* |
| Tilda Nilsson 02           | 35.22 | 37.26* |
| Freja Olofsson 02          | 35.48 | 35.58* |
| Amanda Törgren 04          | 35.93 |        |
| Natalie Pezo-Liljengren 05 | 36.80 |        |
| Kerstin Henmyr 36          | 41.3m |        |

#### 400m

|                            |         |  |
|----------------------------|---------|--|
| Julia Suua 96              | 1.06.69 |  |
| Anita Pasternak 94         | 1.14.05 |  |
| Isabella Axelsson 03       | 1.14.65 |  |
| Amanda Törgren 04          | 1.19.74 |  |
| Natalie Pezo-Liljengren 05 | 1.22.66 |  |
| Thea Wiktorsson 06         | 1.35.45 |  |
| Ellen Karlsson 05          | 1.48.58 |  |
| Nova Kvist 07              | 1.49.47 |  |
| Elvira Ahlstedt 08         | 1.58.73 |  |
| Julie Evaldsson 05         | 2.02.80 |  |
| Frida Karlsson 05          | 2.18.60 |  |

#### 600m

|                            |         |  |
|----------------------------|---------|--|
| Filippa Kardum 03          | 1.54.20 |  |
| Emilia Olsson 03           | 2.03.33 |  |
| Smilla Åkesson 04          | 2.03.64 |  |
| Amanda Törgren 04          | 2.07.03 |  |
| Isabella Axelsson 03       | 2.07.33 |  |
| Smilla Åkesson 04          | 2.17.36 |  |
| Ellen Widerstrand 04       | 2.24.25 |  |
| Natalie Pezo-Liljengren 05 | 2.25.84 |  |
| Clara Saar-Persson 04      | 2.35.17 |  |
| Tuvalie Ekvall 04          | 2.38.01 |  |

#### 800m

|                      |         |           |
|----------------------|---------|-----------|
| Filippa Kardum 03    |         | 2.41.47*  |
| Amanda Törgren 04    |         | 2.57.81*  |
| Ellen Holmberg 02    | 2.58.89 |           |
| Emilia Olsson 03     |         | 3.01.50*  |
| Isabella Axelsson 03 |         | 3.05.79** |
| Tilda Nilsson 02     |         | 3,29,43** |

#### 1500m

|                            |         |  |
|----------------------------|---------|--|
| Josefin Nilsson-Persson 00 | 5.49.59 |  |
|----------------------------|---------|--|

#### 60m häck

|                      |       |  |
|----------------------|-------|--|
| Isabella Axelsson 03 | 12.26 |  |
| Amanda Törgren 04    | 12.49 |  |
| Smilla Åkesson 04    | 13.16 |  |

**Höjd**

|                            |     |      |
|----------------------------|-----|------|
| Alma Lundin 01             | 143 |      |
| Ellen Holmberg 02          | 121 | 115* |
| Linnea Holmberg 02         | 115 |      |
| Ellen Widerstrand 04       | 110 |      |
| Smilla Åkesson 04          | 105 |      |
| Clara Saar-Persson 04      | 100 |      |
| Natalie Pezo-Liljengren 05 | 100 |      |

**Längd zon**

|                            |      |       |
|----------------------------|------|-------|
| Klara Omdal 01             | 3.95 |       |
| Filippa Kardum 03          | 3.78 | 3.82* |
| Ellen Holmberg 02          | 3.78 | 3.82* |
| Amanda Törgren 04          | 3.78 | 3.60* |
| Isabella Axelsson 03       | 3.77 | 3.42* |
| Freja Olofsson 02          | 3.47 | 3.19* |
| Tilda Nilsson 02           | 3.34 | 3.08* |
| Natalie Pezo-Liljengren 05 | 3.34 | 2.72  |
| Linnea Holmberg 02         | 3.32 | 3.09* |
| Emilia Olsson 03           | 3.25 |       |
| Smilla Åkesson 04          | 3.16 | 3.04  |
| Nelly Sundstam 08          |      | 2.86* |
| Stella Fridlund 05         | 2.81 |       |
| Frida Karlsson 05          | 2.62 |       |
| Thea Wiktorsson 06         | 2.47 |       |
| Ellen Karlsson 05          | 2.39 |       |
| Nova Kvist 07              | 2.34 |       |
| Julie Evaldsson 05         | 2.24 |       |
| Alice Olofsson 07          | 1.84 |       |
| Elvira Ahlstedt 08         | 1.66 |       |

**Längd**

|                            |      |                         |
|----------------------------|------|-------------------------|
| Hanna Agrell-Gustafsson 97 | 5.19 |                         |
| Kajsa Nilsson 00           | 4.97 | 4.74                    |
| Josefin Nilsson-Persson 00 | 4.74 |                         |
| Julia Suua 96              | 4.52 |                         |
| Madeleine Borg 96          | 4.28 |                         |
| Lovisa Ravemyr 00          | 3.75 |                         |
| Anita Pasternak 94         | 3.37 |                         |
| Alisa Penkina 00           | 3.35 |                         |
| Kerstin henmyr 36          | 2.69 | Klubbrekord K75 Ronneby |

**Tresteg Zon**

|                      |              |  |
|----------------------|--------------|--|
| Amanda Törgren 04    | 7.29w (7.18) | Klubbrekord F11-12 Karlskrona 14.09.06 |
| Isabella Axelsson 03 | 7.12         |  |

**Tresteg**

|                   |       |       |
|-------------------|-------|-------|
| Kajsa Nilsson 00  | 10.94 | 10.72 |
| Madeleine Borg 96 | 9.54  |       |

Julia Nilsson 00 9.28

#### **Kula 4.0**

Kajsa Nilsson 00 10.29  
Malin Persson 79 9.83  
Jonna Nilsson 94 8.78  
Julia Nilsson 00 8.41  
Aleksandra Josipovic 70 8.39  
Daniela Costaniuc 75 8.13  
Petronella Lundborg-Sjöholm 71 7.58  
Malin Gustafsson 76 6.82  
Vickey Renard 69 6.58

#### **Kula 3.0**

Kajsa Nilsson 00 12.27 12.56\*  
Alva Enberg 00 6.98

#### **Kula 2.0**

Alma Lundin 01 9.10  
Isabella Axelsson 03 8.58 8.88\*  
Freja Olofsson 02 8.24 8.52\*  
Kerstin Henmyr 36 8.25  
Filippa Kardum 03 6.32 5.79  
Amanda Törgren 04 5.87 5.93  
Linnea Holmberg 02 5.80 5.32\*  
Ellen Holmberg 02 5.25 5.59\*  
Smilla Åkesson 04 5.41 5.31  
Stella Fridlund 05 5.02  
Frida Karlsson 05 4.86  
Natalie Pezo-Liljengren 05 4.52 3.82  
Clara Saar-Persson 04 4.20  
Ellen Karlsson 05 3.24  
Tualie Ekvall 04 2.57

#### **Diskus 1.0**

Aleksandra Josipovic 70 33.15  
Jonna Nilsson 94 31.53  
Kajsa Nilsson 00 28.05 Klubbrekord F13-14 Olofström 14.10.03  
Julia Nilsson 00 25.00  
Daniela Costaniuc 75 21.45  
Malin Persson 79 19.22  
Vickey Renard 69 17.69  
Petronella Lundborg-Sjöholm 71 16.93  
Malin Gustafsson 76 15.35

#### **Diskus 750g**

Kajsa Nilsson 00 33.36 Klubbrekord F13-14 Uddevalla 14.03.15  
Julia Nilsson 00 23.82  
Enna Josipovic 00 21.74  
Kerstin Henmyr 36 20.04

Alexandra Costaniuc 00 18.64

**Diskus 400g**

Isabella Axelsson 03 20.11

Freja Olofsson 02 18.08

**Slägga 4.0**

Jonna Nilsson 94 41.25

Klubbrekord K Olofström 14.08.14

Aleksandra Josipovic 70 23.76

Klubbrekord K40 Olofström 14.09.18

Vickey Renard 69 18.62

Daniela Costaniuc 75 17.36

Petronella Lundborg-Sjöholm 71 17.00

Malin Gustafsson 76 15.35

Julia Nilsson 00 13.37

Kajsa Nilsson 00 11.08

**Slägga 3.0**

Alexandra Costaniuc 00 23.29

Enna Josipovic 00 22.12

**Slägga 2.0**

Freja Olofsson 02 24.30

Klubbrekord F13-14 Köpenhamn 14.08.17

Kerstin Henmyr 36 21.51

Klubbrekord K75 Olofström 14.05.18

Tilda Nilsson 02 16.80

**Spjut 600**

Jonna Nilsson 94 26.35

Aleksandra Josipovic 70 25.59

Kajsa Nilsson 00 23.66

Daniela Costaniuc 75 21.17

Julia Nilsson 00 16.47

Petronella Lundborg-Sjöholm 71 16.12

Vickey Renard 69 14.90

Malin Gustafsson 76 13.44

**Spjut 500**

Enna Josipovic 00 27.06

Kajsa Nilsson 00 23.40

Alexandra Costaniuc 00 18.71

Freja Olofsson 02 18.45

**Spjut 400**

Kerstin Henmyr 36 23.16

Freja Olofsson 02 18.45

Isabella Axelsson 03 17.13

Amanda Törgren 04 11.21

**Bollkastning 150g**

|                            |       |                                       |
|----------------------------|-------|---------------------------------------|
| Isabella Axelsson 03       | 34.85 | Klubbrekord F11-12 Köpenhamn 14.08.16 |
| Amanda Törgren 04          | 28.14 | Klubbrekord F10 Köpenhamn 14.08.16    |
| Frida Karlsson 05          | 25.14 |                                       |
| Ellen Karlsson 05          | 17.65 |                                       |
| Natalie Pezo-Liljengren 05 | 16.02 |                                       |
| Thea Wiktorsson 06         | 7.79  |                                       |

**Bollkastning 300g**

|                   |       |  |
|-------------------|-------|--|
| Amanda Törgren 04 | 22.04 |  |
|-------------------|-------|--|

**Castorama**

|                                |       |                                       |
|--------------------------------|-------|---------------------------------------|
| Jonna Nilsson 94               | 2395p |                                       |
| Aleksandra Josipovic 70        | 2019p | Klubbrekord K40 Olofström 14.08.19    |
| Kajsa Nilsson 00               | 1732p | Klubbrekord F13-14 Olofström 14.10.03 |
| Daniela Costaniuc 75           | 1553p |                                       |
| Julia Nilsson 00               | 1349p |                                       |
| Petronella Lundborg-Sjöholm 71 | 1261p |                                       |
| Vickey Renard 69               | 1239p |                                       |
| Malin Gustafsson 76            | 1077p |                                       |

\*Resultat noterades dec 2014

\*\* Resultat noterades i dec 2013