

**NOU-reglementet siger, at kun løbere fra NOU-klubber kan blive nordjyske mestre**

| NJ-nat 2025                             |                                | Nordjysk mester     | 1. etape | 2. etape | 3. etape | 4. etape |
|---|--------------------------------|---------------------|----------|----------|----------|----------|
| 3 af 4 løb tæller - min. deltagelse i 2 |                                |                     | Alstrup  | Rebild   | Uhrehøje | Bøgsted  |
|   | <b>D-14</b>                    |                     |          |          |          |          |
|   | <b>D 15-16</b>                 |                     |          |          |          |          |
|   | <b>D 17-20</b>                 |                     |          |          |          |          |
|   | <b>D 21</b>                    |                     |          |          |          |          |
| 100                                     | Gertrud Riis Madsen            | Rold Skov OK        |          | 100      |          |          |
|   | <b>D 40</b>                    |                     |          |          |          |          |
| 200                                     | Helle Popp Bobach              | Aalborg OK          |          | 100      | 100      |          |
|   | <b>D 50</b>                    |                     |          |          |          |          |
| 300                                     | Mette Møller Nielsen           | AKIF                | 100      | 100      | 100      |          |
|   | <b>D 60</b>                    |                     |          |          |          |          |
| 100                                     | Bettina Gjedde                 | Mariager Fjord OK   | 100      | 0        |          |          |
|   | <b>D 70</b>                    |                     |          |          |          |          |
| 300                                     | Kirsten Bobach                 | Aalborg OK          | 100      | 100      | 100      | *100     |
| 252                                     | Edith Sørensen                 | Aalborg OK          |          | 83       | 92       | 77       |
| 88                                      | Karin Wæhrens                  | OK Vendelboerne     |          |          |          | 88       |
| 0                                       | Lisbet Nielsen                 | OK Vendelboerne     |          |          |          |          |
|   | <b>D 80</b>                    |                     |          |          |          |          |
|   | Ellen Thomsen                  | OK Vendelboerne     |          |          |          | 100      |
|   | <b>Fri 1</b>                   |                     |          |          |          |          |
| 100                                     | Nicolai Z. Nielsen             | Mariager Fjord OK   | 100      |          |          |          |
|   | <b>Fri 2</b>                   |                     |          |          |          |          |
| 300                                     | Helmut Hilden                  | Rold Skov OK        | 100      | 100      | 100      | *100     |
| 0                                       | Nanna Christensen              | OK Vendelboerne     |          |          |          | 0        |
| 0                                       | Theis Nielsen                  | AKIF                |          | 0        |          |          |
| 0                                       | Hanne H. Poulsen               | Mariager Fjord OK   |          |          | 0        |          |
|   | <b>Fri 3</b>                   |                     |          |          |          |          |
| 100                                     | Jeppe Haugaard                 | Astrup              |          |          |          | 100      |
| 0                                       | Søren Jensen                   | Hjørring            |          |          |          |          |
|   | <b>H -14</b>                   |                     |          |          |          |          |
| 287                                     | Mikkel Popp Bobach             | Aalborg OK          | 100      | 93       | 94       |          |
| 200                                     | Sander Popp Bobach             | Aalborg OK          |          | 100      | 100      |          |
|   | <b>H 15-16</b>                 |                     |          |          |          |          |
|   | <b>H17-20</b>                  |                     |          |          |          |          |
| 200                                     | Mathias Reiche Sørensen        | OK Vendelboerne     |          |          | 100      | 100      |
|   | <b>H 21</b>                    |                     |          |          |          |          |
| 300                                     | Marko Birk Nielsen             | Aalborg OK          |          | 100      | 100      | 100      |
| 297                                     | Claus Hallingdal Bloch         | Mariager Fjord OK   | 100      | 98       | 99       |          |
| 250                                     | Daniel Purup Nedergård Nielsen | Aalborg OK          |          | 78       | 87       | 85       |
| 75                                      | Martin Møller                  | AKIF                |          | 75       |          |          |
| 67                                      | Daniel Nobel                   | Rold Skov OK        |          | 67       |          |          |
|   | <b>H 40</b>                    |                     |          |          |          |          |
| 294                                     | Andreas Popp                   | Aalborg OK          | 94       | *83      | 100      | 100      |
| 289                                     | Claus Bobach                   | Aalborg OK          | 100      | 93       | *89      | 96       |
| 190                                     | Søren Skovrider                | Mariager Fjord OK   | 90       | 100      |          |          |
|   | <b>H 50</b>                    |                     |          |          |          |          |
| 268                                     | Jørgen Østergaard              | Mariager Fjord OK   | 100      | 68       | 100      | 0        |
| 100                                     | Jesper Thy                     | Aalborg P.I.        |          | 100      |          |          |
| 100                                     | Søren Diget                    | Skagen OK og motion |          |          |          | 100      |
| 85                                      | Thomas Birk Lyng               | OK Vendelboerne     |          |          |          | 85       |
| 0                                       | Bo Birk Nielsen                | Aalborg OK          |          | 0        |          |          |
| 0                                       | Lasse Madsen                   | Mariager Fjord OK   | 0        |          |          |          |
|   | <b>H 60</b>                    |                     |          |          |          |          |
| 300                                     | Jes Mose Jensen                | AKIF                | 100      | 100      | 100      | *95      |
| 295                                     | Michael Fischer                | Aalborg OK          | *90      | 99       | 96       | 100      |
| 285                                     | Ole Jensen                     | Mariager Fjord OK   | *84      | 98       | 93       | 94       |
| 274                                     | Klaus Wolsing                  | Mariager Fjord OK   | 94       | 90       | 90       |          |
| 273                                     | Lars Jensen                    | Mariager Fjord OK   | 89       | 86       | *84      | 98       |
| 273                                     | Bo L. Andersen                 | Aalborg OK          | 85       |          | 89       | 99       |
| 239                                     | Per Korsbæk                    | Mariager Fjord OK   | 0        | 72       | 81       | 86       |
| 206                                     | Gert Rebsdorf                  | Mariager Fjord OK   | *54      | 61       | 70       | 75       |
| 183                                     | Henrik Bach                    | Mariager Fjord OK   | 99       |          | 84       |          |
| 94                                      | Jørgen Schnack                 | Aalborg OK          |          | 94       |          |          |
| 89                                      | Søren Bak                      | Aalborg OK          |          |          |          | 89       |
| 83                                      | Michael Houkjær Rolighed       | Mariager Fjord OK   |          | 0        | 83       |          |

|            |                      |                   |     |     |     |     |
|------------|----------------------|-------------------|-----|-----|-----|-----|
| <b>77</b>  | Carl Henrik Pedersen | Mariager Fjord OK | 77  |     | 0   |     |
|            | <b>H 70</b>          |                   |     |     |     |     |
| <b>300</b> | Steffen Alm          | Nordvest OK       |     | 100 | 100 | 100 |
| <b>289</b> | Jens Christensen     | Mariager Fjord OK | 100 | *81 | 97  | 92  |
| <b>270</b> | Helge Poulsen        | Mariager Fjord OK | *72 | 91  | 90  | 89  |
| <b>245</b> | Keld Østergaard      | Mariager Fjord OK | 80  | 0   | 78  | 87  |
| <b>91</b>  | Poul Bobach          | Aalborg OK        |     |     |     | 91  |
| <b>46</b>  | Ole Thy              | Rold Skov OK      |     |     | 46  |     |
|            | <b>H 80</b>          |                   |     |     |     |     |
| <b>300</b> | Finn Hørup Nielsen   | OK Vendelboerne   |     | 100 | 100 | 100 |
| <b>99</b>  | Ole F. Thomsen       | OK Vendelboerne   |     |     |     | 99  |
| <b>72</b>  | Kai Ø. Laursen       | Aalborg OK        |     |     | 72  |     |