# Gennemførte Løb:

| KM | | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4 | Klausieløbet (Torsted) | | | | | | | 00:19:44 | | | | | |
| 5 | Sportmaster Løbet (Holstebro) | | 00:24:38 | | 00:24:16 | | | | | | | | |
| 5 | Storåløbets revancheløb (Holstebro) | | | 00:23:33 | 00:24:48 | | | | | | | | |
| 5 | Fjends-Løbet (Stoholm) | | | 00:26:33 | 00:25:26 | | | | | | | | |
| 5 | Olympic Day Run (Holstebro) | | | 00:23:28 | | | | | | | | | |
| 6,4 | Vestjysk Naturløb (Mejdal) | | | 00:31:13 | 00:34:38 | | | | | | | | |
| 7 | Vinterløb Mejdal GIK | | | | 00:35:02 | 00:35:07 | 00:35:09 | | 00:35:53 | | - | 00:36:02 | 00:40:51 |
| 7 | Vinterløb HOK | | | 00:36:53 | | 00:35:51 | 00:34:27 | | 00:37:45 | | 00:35:08 | 00:34:23 | - |
| 7 | Vinterløb AK-Kilen | | | 00:36:08 | | 00:34:11 | 00:32:55 | | 00:34:30 | | 00:35:27 | 00:32:47 | 00:35:55 |
| | ***Samlet resultat vinterløb.*** | | | | | ***01:45:09*** | ***01:42:31*** | | ***01:48:08*** | | | ***01:43:12*** | **-** |
| 8 | Julemotionsløbet (Holstebro) | | | | | | | | | | 00:40:13 | | |
| 10 | Julemotionsløbet (Holstebro) | | | | | | | | 0:53:50 | | | | |
| 3 | Storåløbet (Holstebro) | | | | | 00:14:31 | 00:14:44 | | 00:15:28 | | | 00:16:06 | |
| 5 | Storåløbet (Holstebro) | 00:26:49 | 00:26:47 | 00:23:49 | 00:24:40 | 00:24:31 | 00:24:31 | | 00:25:53 | | | 00:27:02 | |
| 10 | Storåløbet (Holstebro) | | | | | 00:48:27 | 00:50:04 | | 00:50:53 | | | 00:51:48 | |
| | ***Samlet resultat Guldløb*** | | | | | ***01:27:29*** | ***01:29:19*** | | ***01:32:14*** | | | ***01:34:56*** | |
| 10 | Fjends-Løbet (Stoholm) | | | | | 00:53:46 | | | | | | | |
| 10 | Sportmaster Løbet (Holstebro) | | | | | 00:49:44 | | | | | | | |
| 10 | Fjordløbet (Ringkøbing) | | | | | 00:49:09 | 00:48:58 | 00:49:58 | 00:51:41 | | | | |
| 10 | Søen Rundt (Mejdal) | | | | | 00:49:02 | 00:47:22 | 00:48:27 | 00:48:34 | 00:47:58 | 00:47:16 | 00:51:22 | |
| 12 | Borbjerg Løbet | | | | | | | 00:56:44 | 00:59:02 | 00:57:13 | | | |
| 17 | Kilen Rundt (Struer) | | | | | 01:25:40 | 01:23:34 | 01:25:46 | | | | | |
| 21,1 | Vestjysk Halvmaraton (Mejdal) | | | | 01:52:38 | 01:48:35 | 01:47:57 | 01:52:01 | 01:50:36 | 01:49:00 | 01:55:07 | 01:49:24 | |
| 21,1 | Avis-Halvmaraton (Viborg) | | | | | 01:45:38 | 01:42:51 | 01:46:11 | 01:54:56 | 01:56:08 | 01:52:22 | 01:46:47 | |
| 21,1 | Taulov Halvmaraton | | | | | | 01:46:57 | | 01:54:52 | 01:51:51 | | 01:47:16 | |
| 21,1 | Holstebro Bymaraton | | | | | | | | 01:52:00 | 01:53:19 | 01:51:21 | | |
| 21,1 | Forårs ½ ved Kilen (Struer) | | | | | | | | | | | 01:43:36 | |
| 42,195 | Berlin Marathon | | | | | 03:57:35 | | | | | | | |
| 42,195 | Hamburg Marathon | | | | | | 03:47:47 | 03:55:29 | 03:55:15 | 03:49:21 | 04:03:05 | | |
| 42,195 | Medoc Marathon | | | | | | | | 06:21:55 | | | 06:37:42 | |
| 42,195 | Holstebro Bymaraton | | | | | | | | | | | 04:03:52 | 04:17:42 |
| 42,195 | København Maraton | | | | | | | | | | | 03:52:51 | |
| 42,195 | London Marathon | | | | | | | | | | | | **Brækket fodled** |