

Rikke Rønholt DEN 	400m Hurdles European U23 Champion 1997
Date of birth: 1 January 76	400m Hurdles European Junior Championships Bronze Medallist 1995
Age: 42 years 349 days	11 National Titles
Club/team: Sparta AM	300m World Alltime no. 1012 39.94 2002
Maiden name: Albertsen	800m World Alltime no. 730 2:01.12 Leverkusen 28 Jul 2006
Maiden name: Rønholt	800m World Indoor Alltime no. 316 2:02.70 Birmingham 3 Mar 2007

400m Hurdles, 10 best results (legal):			
57.04	1h2-22	Turku	11 Jul 1997
57.22	1-22	Turku	12 Jul 1997
57.45	1	Tallahassee FL	9 May 1998
57.62	3r1	Atlanta GA	23 May 1998
57.67	1	Gainesville FL	28 Mar 1998
57.71	3-19	Nyíregyháza	29 Jul 1995
58.13	2h3-19	Nyíregyháza	28 Jul 1995
58.13	4	Uden	12 Jul 2008
58.55	8h2	Budapest	19 Aug 1998
58.61	1	Gent	26 May 2001

