



| Aktiviteter, KLUBBENS PRIORITEREDE | Jan | Feb | Mar | Apr | Maj | Jun | Jul | Aug | Sep | Okt | Nov | Dec |
|------------------------------------|-----|-----|------|------|------|------|-----|------|------|-------|------|------|
| Testløb | | | | | | 12/6 | | | | | | 7/12 |
| RAC-milen | | | 16/3 | 10/4 | 15/5 | 19/6 | | 14/8 | 18/9 | 12/10 | 9/11 | |
| Herlevløbet | | | | | | | | 25/8 | | | | |
| H2M | | | | | | 15/6 | | | | | | |

| Aktiviteter, KLUBBENS ANBEFALEDE | Jan | Feb | Mar | Apr | Maj | Jun | Jul | Aug | Sep | Okt | Nov | Dec |
|-------------------------------------|-----|-----|-----|-----|------|-----|-----|-----|-----|-------|-----|-----|
| Herlevstafetten (Herlev Stadion) | | | | | 29/5 | | | | | | | |
| Gert Kærln Tribute (Herlev Stadion) | | | | | | | | | 4/9 | | | |
| ÅRETS KLUBTUR: Sydkystløbet (Greve) | | | | | | | | | | 13/10 | | |

| Aktiviteter, HOLDENES FORESLÅEDE | Jan | Feb | Mar | Apr | Maj | Jun | Jul | Aug | Sep | Okt | Nov | Dec |
|-------------------------------------|-----|-------------|-----|------|------|-----|-----|-----|------|-----|-----|-----|
| Frost Cup (diverse steder) | 7/1 | 4/2 25/2 | | | | | | | | | | |
| Helvede i Nord (Tisvilde) | | | | 1/4 | | | | | | | | |
| Berlin halvmarathon (Berlin) | | | | 7/4 | | | | | | | | |
| SportsBy Løbet (Brøndby) | | | | 14/4 | | | | | | | | |
| Den Grønne Halvmarathon (Lyngby) | | | | 28/4 | | | | | | | | |
| Lillebælt Halvmarathon | | | | | 4/5 | | | | | | | |
| Copenhagen Marathon (København) | | | | | 5/5 | | | | | | | |
| Royal Run (Frederiksberg/København) | | | | | 20/5 | | | | | | | |
| Copenhagen Half (København) | | | | | | | | | 15/9 | | | |
| Berlin Marathon (Berlin) | | | | | | | | | 29/9 | | | |