

| Heat | # | Result | Name | Team | |
|---|---|--------|-------------------------------|-----------------|--------|
| Kvinder senior - 100 meter - Round 1 - Day 1 - 10:00 | | | | | |
| | 1 | 11.62 | f Mathilde U. Kramer -93 | DEN-FIF Atletik | w:+3.0 |
| | 2 | 11.71 | f Astrid Glenner-Frandsen -93 | DEN-Sparta | |
| | 3 | 11.76 | f Emma Beiter Bomme -98 | DEN-Sparta | |
| | 4 | 12.00 | f Marie Høgh Larsen -03 | DEN-Sparta | |
| | 5 | 12.21 | f Cecilie Gedsø Færge -03 | DEN-Sparta | |

Mænd senior - 100 meter - Round 1 - Day 1 - 10:05

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|---|---|-------|-----------------------------------|----------------------|-----------|
| 1 | 1 | 11.47 | f Mikkel Klejnstrup -86 | DEN-Hvidovre Atletik | w:+2.0 SB |
| 1 | 2 | 11.50 | f Lance Christian Aabo -06 | DEN-HG ATM | PB |
| 1 | 3 | 11.60 | f Obed Utshu -04 | DEN-FIF Atletik | PB |
| 1 | 4 | 11.82 | f Oswald Carstensen -02 | DEN-Sparta | |
| 1 | 5 | 11.83 | f Birk Kryger -08 | DEN-HG ATM | |
| 1 | 6 | 12.10 | f Christoffer Banke Jørgensen -07 | DEN-HG ATM | PB |
| 1 | 7 | 12.15 | f Till Maul -95 | DEN-FIF Atletik | |
| 2 | 1 | 10.94 | f Peter Andersson -99 | DEN-Greve Atletik | w:+3.5 |
| 2 | 2 | 10.99 | f Carl Bruce Aabo -04 | DEN-HG ATM | |
| 2 | 3 | 11.17 | f Christian Gundersen -99 | DEN-Sparta | |
| 2 | 4 | 11.20 | f Frederik Andersson -01 | DEN-Greve Atletik | |
| 2 | 5 | 11.40 | f Asger Østerby -97 | DEN-Aalborg | |
| 2 | 6 | 11.42 | f Dlovan Baker -00 | DEN-Hvidovre Atletik | |
| 2 | 7 | 11.57 | f Emil Grovn -98 | DEN-FIF Atletik | |
| 3 | 1 | 10.37 | f Tazana K Dyrbak -02 | DEN-Sparta | w:+0.3 |
| 3 | 2 | 10.43 | f Kojo Musah -96 | DEN-Aarhus 1900 | |
| 3 | 3 | 10.64 | f Rasmus Klausen -00 | DEN-Sparta | =SB |
| 3 | 4 | 10.81 | f Jacob Hvorup -99 | DEN-Sparta | |
| 3 | 5 | 10.88 | f Tobias Andersson -02 | DEN-Greve Atletik | PB |
| 3 | 6 | 11.23 | f Sebastian Pedersen -97 | DEN-Sparta | |
| 3 | 7 | 11.33 | f Frankly Dadey -99 | DEN-Greve Atletik | |

Kvinder senior - 100 meter hæk - Round 1 - Day 1 - 10:20

84.0 cm, 10 hække, 13.00 / 8.50 / 10.50

| | | | | | |
|--|---|-------|----------------------------------|-----------------|--------|
| | 1 | 13.21 | f Mathilde Heltbech -95 | DEN-FIF Atletik | w:+3.3 |
| | 2 | 15.60 | f Nickoline Skifter Andersen -98 | DEN-Sparta | |

Kvinder senior - Længdespring - Final - Day 1 - 10:30

Planke

| | | | | | |
|--|---|------|--------------------------|---------|-----------|
| | 1 | 6.01 | Annette Juma Nielsen -96 | DEN-KIF | w:+1.4 SB |
|--|---|------|--------------------------|---------|-----------|

Mænd senior - Længdespring - Final - Day 1 - 10:30

Planke

| | | | | | |
|--|---|------|-------------------------|-----------------|--------|
| | 1 | 6.75 | Carl Bruce Aabo -04 | DEN-HG ATM | w:+3.4 |
| | 2 | 6.43 | Christian Gundersen -99 | DEN-Sparta | |
| | 3 | 6.34 | Nikolaj Grønbech -02 | DEN-Sparta | |
| | 4 | 5.78 | Till Maul -95 | DEN-FIF Atletik | |

Kvinder senior - 100 meter - Final - Day 1 - 11:00

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|--|---|-------|-----------------------------|-----------------|--------|
| | 1 | 11.46 | Mathilde U. Kramer -93 | DEN-FIF Atletik | w:+4.7 |
| | 2 | 11.47 | Astrid Glenner-Frandsen -93 | DEN-Sparta | |
| | 3 | 11.65 | Emma Beiter Bomme -98 | DEN-Sparta | |
| | 4 | 12.00 | Cecilie Gedsø Færge -03 | DEN-Sparta | |

| Heat | # | Result | Name | Team | |
|---|---|--------|---------------------------------|-------------------------|--------|
| Mænd senior - 100 meter - Final - Day 1 - 11:05 | | | | | |
| 1 | 1 | 11.28 | Mikkel Klejnstrup -86 | DEN-Hvidovre Atletik | w:+3.0 |
| 1 | 2 | 11.42 | Asger Østerby -97 | DEN-Aalborg | |
| 1 | 3 | 11.49 | Emil Grovn -98 | DEN-FIF Atletik | |
| 1 | 4 | 11.50 | Obed Utshu -04 | DEN-FIF Atletik | |
| 2 | 1 | 10.17 | Tazana K Dyrbak -02 | DEN-Sparta | w:+2.6 |
| 2 | 2 | 10.31 | Kojo Musah -96 | DEN-Aarhus 1900 | |
| 2 | 3 | 10.45 | Rasmus Klausen -00 | DEN-Sparta | |
| 2 | 4 | 10.96 | Frankly Dadey -99 | DEN-Greve Atletik | |
| 2 | 5 | 11.03 | Peter Andersson -99 | DEN-Greve Atletik | |
| 2 | 6 | 11.13 | Sebastian Pedersen -97 | DEN-Sparta | |
| 2 | 7 | 11.30 | Dlovan Baker -00 | DEN-Hvidovre Atletik | |
| Kvinder senior - 100 meter hæk - Final - Day 1 - 11:20 | | | | | |
| 84.0 cm, 10 hække, 13.00 / 8.50 / 10.50 | | | | | |
| | 1 | 13.21 | Mathilde Heltbech -95 | DEN-FIF Atletik | w:+3.5 |
| Mænd / Kvinder - 400 meter - Final - Day 1 - 11:40 | | | | | |
| | 1 | 49.79 | Thomas Jersild Olsen -01 | DEN-Holte Atletik | PB |
| | 2 | 51.35 | Sebastian Kordt Lassen -93 | DEN-FIF Atletik | |
| | 3 | 52.24 | Carl Bäckström Nielsen -07 | DEN-Amager Atletik Club | |
| | 4 | 52.78 | Yusuf Alin -95 | DEN-Sparta | |
| | 5 | 54.50 | Annemarie Nissen -94 | DEN-Sparta | PB |
| Mænd / Kvinder - 200 meter - Final - Day 1 - 12:00 | | | | | |
| 1 | 1 | 23.29 | Emil Grovn -98 | DEN-FIF Atletik | w:+4.9 |
| 1 | 2 | 23.47 | Birk Kryger -08 | DEN-HG ATM | |
| 1 | 3 | 23.64 | Christoffer Banke Jørgensen -07 | DEN-HG ATM | |
| 1 | 4 | 23.87 | Emma Beiter Bomme -98 | DEN-Sparta | |
| 1 | 5 | 23.88 | Obed Utshu -04 | DEN-FIF Atletik | |
| 1 | 6 | 25.00 | Nickoline Skifter Andersen -98 | DEN-Sparta | |
| 2 | 1 | 21.46 | Jacob Hvorup -99 | DEN-Sparta | w:+1.8 |
| 2 | 2 | 21.53 | Tazana K Dyrbak -02 | DEN-Sparta | |
| 2 | 3 | 22.60 | Karl Mfeketo -96 | DEN-Sparta | PB |
| 2 | 4 | 22.87 | Mikkel Klejnstrup -86 | DEN-Hvidovre Atletik | |
| 2 | 5 | 23.41 | Dlovan Baker -00 | DEN-Hvidovre Atletik | |
| 2 | 6 | 23.60 | Asger Østerby -97 | DEN-Aalborg | |