

Jahresbestenliste 2020

MÄNNER

FRAUEN

100 m			
Torolv Prokosch	0:17,28	Marion Rother	0:22,81
200 m			
Lukas Heinig	0:25,85		
Arne Fischer	0:27,92		
Dominik Schmaltz	0:29,97		
Torolv Prokosch	0:36,79		
400 m			
Niklas Spilker	0:58,04		
Jonas Olawsky	1:00,63		
800 m			
Jari Bender	1:58,64	Nina Bergerfurth	2:36,36
Jens Kassebeer	1:59,58	Sina Wetterkamp	2:47,20
Phillipp Ole Flieger	2:21,97	Pauline Althoff	3:06,01
Arne Fischer	2:23,48		
1500 m			
Jari Bender	4:04,32		
Jonas Olawsky	5:09,04		
Ralf Schleicher	6:08,38		
3000 m / 3 km			
Niklas Spilker	11:04,89		
Arne Fischer	11:11,17		
Torolv Prokosch	15:21,58		
5000 m / 5 km			
Jari Bender	15:26,75	Raija Schmidt	20:01
David Schönherr	15:37	Eva Berghaus	20:13
Jan Kaumans	15:44,38	Kristin Möse	20:14
Simon von Martial	15:48,08	Silvia Sprenger	20:50
Finn Ponick	16:00,35	Sina Wetterkamp	21:07
Manuel Goerlich	16:32	Christina Rüsveg	21:16
Luca Heerdt	16:41	Nina Bergerfurth	22:01
Elmar Remus	16:46,82	Andrea Hahn	24:06
Henrik Hooge	16:49,58	Christina Hornberger	24:07
Julian Kuhlmann	17:29	Maria Feyerabend-Hoveling	24:08
Bernd Schniederalbers	17:52	Rosa Gomes	24:16
Jonas Janßen	18:06	Pauline Althoff	24:51
Michèl Hankemeier	18:07	Frederike Reddehase	26:39
Jens Peters	18:15	Hedwig Althoff	27:12
Cornelius von Treuenfeld	18:17		
Jens Korte	18:34		
Antonio Rodrigues	18:34		
Marcel Machauer	18:36		
Klaus Brinker	18:39		
Jan Ferneding	18:45		
Torben Unterfeld	18:52		
Niklas Spilker	18:54		
Felix Baßmann	19:09		
Mahmut Arica	19:13		
Marc Bußmann	19:24		

5000 m / 5 km

Dominik Schmaltz	19:24,48
Jonas Olawsky	19:47
Phillipp Ole Flieger	19:48
Carl van gen Hassend	20:03
Arne Fischer	20:20,11
Michael Holtkötter	20:36
Christopher Schoppmann	20:46
Moritz Jan Schütze	20:47
Henner Borgmann	21:02
Michael-Silvan Scheel	21:28
Oliver Schröder	21:35
Jan-Frederik Schmees	21:42
Markus Weweler	21:42
Walter Mesch	21:58
Andreas Arlt	22:14
Dirk Keggenhoff	22:18
Stephan Burt	22:26
Thorsten Schulze	22:45
Sebastian Warbinger	22:56
Heiko Möcklinghoff	24:54
Karl Heinz Prieß	24:55
Fulvio Quattrocchi	25:13
Stefan Hahn	25:24
Christian Thien	26:45
Detlef Schmalöer	27:04
Karl-Heinz Brune	28:42
Heinz Woltering	28:49

10 km

Fritz Koch	0:32:07	Miriam Zirk	0:34:15
Manuel Goerlich	0:32:10	Johanna Rellensmann	0:38:18
Jan Kaumans	0:32:50	Sophia Salzwedel	0:38:22
David Schönherr	0:33:04	Raija Schmidt	0:39:43
Marvin Röthemeyer	0:33:09	Kirsten Althoff	0:41:40
Simon von Martial	0:33:53	Marie Sommer	0:42:08
Sascha Schücker	0:34:38	Silvia Sprenger	0:42:27
Torben Heck	0:35:12	Ira Schwefer	0:42:57
Henrik Hooge	0:35:22	Delia Krell-Witte	0:46:37
Giles Gardam	0:36:53	Anne Holtkötter	0:47:34
Antonio Reina Lopez	0:37:11	Sina Kerkering	0:47:38
Artur Boschmann	0:37:19	Katrin Wilkes	0:49:03
Mike Brouwer	0:38:04	Susanne Rellensmann	0:49:35
Michael Weste	0:38:28	Rita Lanwer	0:51:05
Michael Kasplik	0:38:35	Corinna Bindrim	0:51:46
Ralf Franke	0:38:46	Miriam Kolar	0:53:15
Bernd Schniederlbers	0:38:46	Barbara Heuer	0:53:40
Florian Braun	0:38:59	Hedwig Althoff	0:55:30
Markus van der Velde	0:39:33	Lucia Dießel	0:56:23
Fabian Borghoff	0:39:48	Marion Rother	1:03:03
Volker Uckelmann	0:40:15	Angelika Syska	1:19:08
Mahmut Arica	0:40:20		
Jan Müller	0:40:20		

10 km

Sirus Pezeschgi	0:41:28
Stefan Lammers	0:41:57
Arne Fischer	0:42:34
Peter Leonard	0:42:59
Ulrich Kaiser	0:43:13
Sebastian Piegza	0:43:15
Michael Holtkötter	0:43:37
Hendrik Post	0:43:48
Stephan Kerkering	0:44:01
Klaus Buchterkirche	0:44:18
Walter Mesch	0:44:36
Klaus Bühn	0:45:25
Bernd Huesker	0:45:29
Detlev May	0:46:20
John Taylor	0:46:33
Magnus Grüger	0:47:44
Sebastian Warbinger	0:48:03
Mario Proske	0:48:08
Peter Zimmer	0:48:34
Jens Riggers	0:48:40
Andreas Clausing	0:48:51
Heiko Möcklinghoff	0:49:19
Wolfgang Farwick	0:49:54
Guido Wecker	0:50:20
Michael Kösters	0:50:20
Ulrich Pfister	0:50:29
Thomas Verlage	0:50:41
Michael Geske	0:50:42
Stanislav Bartusiak	0:51:25
Fulvio Quattrocchi	0:51:28
Heinz Merse	0:52:02
Stefan Chrzanowski	0:55:39
Dieter Zinzus	0:56:20
Dietmar Schneider	0:56:48
Bernhard Kreienbaum	0:59:37
Wilhelm Thonemann	1:07:11
Hinz Völkert	1:09:31

15 km

Marcel Machauer	00:56:01	Miriam Zirk	00:54:18
Henrik Hooge	00:56:16	Sophia Salzwedel	00:57:52
Philipp Rosenow	00:57:31	Raija Schmidt	01:01:44
Giles Gardam	00:58:14	Marie Sommer	01:05:29
Artur Boschmann	00:58:17	Ira Schwefer	01:05:53
Ralf Franke	00:59:47	Tina Althoff	01:13:37
Mike Brouwer	01:00:44	Susanne Rellensmann	01:16:08
Michael Kasprík	01:01:03	Katrin Wilkes	01:16:14
Bernd Schniederlbers	01:01:08	Rita Lanwer	01:19:46
Fabian Borghoff	01:01:17	Barbara Heuer	01:23:30
Volker Uckelmann	01:01:17	Petra Hendricks	01:24:13
Jens Korte	01:01:18	Annette Schwarzkopp	01:44:18
Markus van der Velde	01:01:53		
Roland Mai	01:02:57		
Reinhard Zumtick	01:03:33		
Sirus Pezeschgi	01:04:29		
Jan Müller	01:05:07		
Stefan Lammers	01:05:13		
Sebastian Piegza	01:06:36		
Peter Leonard	01:07:13		
Arne Fischer	01:07:57		
Ulrich Kaiser	01:08:21		
Hendrik Post	01:08:21		
Klaus Bühn	01:09:29		
Walter Mesch	01:10:10		
Heiko Möcklinghoff	01:13:52		
Detlev May	01:14:58		
John Taylor	01:15:07		
Mario Proske	01:15:30		
Michael Geske	01:15:45		
Magnus Grüger	01:16:17		
Guido Wecker	01:17:00		
Ulrich Pfister	01:17:05		
Jens Riggers	01:17:45		
Claus Peter Hendricks	01:18:09		
Sebastian Warbinger	01:18:29		
Thomas Verlage	01:18:58		
Michael Kösters	01:18:59		
Fulvio Quattrocchi	01:19:09		
Stanislav Bartusiak	01:21:46		
Heinz Merse	01:22:41		
Stefan Chrzanowski	01:23:11		
Dieter Zinzus	01:28:31		
Helmut Neuhaus	01:39:05		
Wilhelm Thonemann	01:48:02		
Hinz Völkert	01:48:56		

20 km

Annette Schwarzkopp

02:33:12

Halbmarathon			
Mike Claaßen	01:19:31	Raija Schmidt	01:27:46
Giles Gardam	01:21:26	Ira Schwefer	01:36:45
Artur Boschmann	01:23:21	Martha Eggert	01:45:32
Michael Weste	01:23:50	Tina Althoff	01:49:09
Mike Brouwer	01:24:53	Katrin Wilkes	01:53:52
Ralf Franke	01:25:44	Alena Finckh	02:05:16
Tim Fasel	01:25:51	Corinna Bindrim	02:05:17
Antonio Reina Lopez	01:26:31	Barbara Heuer	02:05:50
Mark Ruhoff	01:27:44	Vera Kovermann	02:10:07
Lukas Ihlbrock	01:27:45	Petra Hendricks	02:10:21
Bernd Schniederalters	01:28:27	Martina Pösentrup	02:10:47
Reinhard Zumtick	01:30:44	Nicole Woermann-Riedel	02:32:29
Markus van der Velde	01:32:08		
Sirus Pezeschgi	01:32:37		
Stefan Lammers	01:32:47		
Jan Müller	01:35:14		
Arne Fischer	01:36:07		
Peter Leonard	01:38:15		
Klaus Bühn	01:39:18		
Hendrik Post	01:41:01		
Walter Mesch	01:41:38		
Dirk Keggenhoff	01:42:35		
Guido Wecker	01:46:44		
John Taylor	01:49:05		
Magnus Grüger	01:50:44		
Sebastian Warbinger	01:50:59		
Claus Peter Hendricks	01:52:43		
Mario Proske	01:52:44		
Thomas Verlage	01:54:00		
Michael Kösters	01:54:00		
Ralf Lohscheller	01:54:24		
Jens Riggers	01:56:32		
Detlev May	01:56:58		
Heinz Merse	01:57:06		
Stefan Chrzanowski	01:58:13		
Jan Rabenstein	01:59:13		
Rainer Wachsmann	02:03:01		
Michael Geske	02:04:31		
Hans-Jürgen Engel	02:09:09		
Dietmar Schneider	02:15:07		
Hinz Völkert	02:48:06		
25 km			
Dirk Keggenhoff	02:02:05	Petra Frisse	02:40:36
Marathon			
David Schönherr	02:23:03	Heike Koch	04:24:26
Stefan Bales	03:05:45	Katrin Wachsmann	04:33:47
Norbert Fasel	03:28:05	Dagmar Großmann	04:54:09
Heiko Möcklinghoff	03:56:16	Julia Suwelack	04:54:09
Dirk Keggenhoff	03:57:21	Petra Frisse	04:57:26
Sebastian Warbinger	04:09:46		
Rainer Wachsmann	04:57:08		

100 km

Michaela Winter

16:24:00