

## Altersklassenrekorde n. Altersklasse

MÄNNER

FRAUEN

U 8							
Jari Bender	4:16	2007	1000	Cèline Jocksch	4:22,00	2006	
Jari Bender	14:27	2007	3k	Cèline Jocksch	14:54	2006	
Benedikt Fricke	24:11	2012	5k	Sarah Thonemann	32:47	1994	
U 10							
			800	Cèline Jocksch	3:02,61	2008	
Jari Bender	3:43	2009	1000	Cèline Jocksch	3:42	2008	
Simon Pösentrup	12:31	2008	3k	Cèline Jocksch	12:46	2008	
Simon Pösentrup	20:43	2008	5k				
Jan Kandora	44:32	2015	10k				
U 12							
Jerry Epping	2:40,59	2016	800	Jill-Marie Flieger	2:54,20	2015	
David Veauthier	3:17,86	2007	1000	Cèline Jocksch	3:47	2009	
David Veauthier	11:23	2007	3k	Cèline Jocksch	12:10	2010	
Alexander Lenfort	19:24	2008	5k	Laura Hampel	23:10	2010	
Marcel Middendorf	47:22	1993	10k				
U 14							
Sören Buffi	2:36,70	2016	800	Jill-Marie Flieger	2:28,99	2017	
David Veauthier	3:11,15	2008	1000	Hanna Pösentrup	3:58	2009	
Thomas Vogel	5:38,00	1997	1500				
David Veauthier	11:19	2008	3k	Laura Hampel	11:39	2012	
Alexander Lenfort	19:11	2009	5k	Laura Hampel	19:54	2012	
Simon Pösentrup	41:54	2012	10k	Laura Hampel	42:51	2012	
U 16							
Jari Bender	2:03,52	2015	800	Lisa Schmiedeshoff	2:20,28	2006	
Christian Vogel	2:50,09	1996	1000	Lisa Schmiedeshoff	3:12,88	2006	
			1500	Nina Bergerfurth	5:13,06	2021	
Joost Krämer	10:30,34	2014	3k	Lisa Schmiedeshoff	11:07,09	2006	
Michael Beetz	17:18	2007	5k	Lisa Schmiedeshoff	19:05	2006	
Tobias Korber	37:53	1996	10k	Ida Rose	41:40	2015	
Tobias Korber	1:03:29	1996	15k				
U 18							
Jari Bender	1:56,30	2017	800	Laura Hampel	2:24,70	2015	
Michael Beetz	2:50,08	2009	1000	Lisa Schmiedeshoff	3:10,38	2007	
Jens Kassebeer	4:18,70	2017	1500	Laura Hampel	4:54,40	2015	
Michael Beetz	9:23,81	2009	3k	Lisa Schmiedeshoff	10:29,00	2007	
Finn Ponick	16:00,35	2020	5k	Magdalena Mayerhoffer	18:36	2007	
Ibrahim Osman	34:29	2011	10k	Magdalena Mayerhoffer	39:03	2007	
Michael Beetz	55:46	2009	15k				
Tobias Korber	1:25:22	1998	HM	Inke Rieskamp	2:00:19	1993	
Robert Lenger	2:13:38	2001	25k				
			M	Andrea Müller	5:17:59	2005	

U 20						
Torben Unterfeld	2:01,64	2017	800	Lisa Schmiedeshoff	2:25,09	2009
Robin Hoffmann	2:51,04	2006	1000			
Torben Unterfeld	4:48,04	2017	1500	Lisa Schmiedeshoff	4:51,35	2009
Robin Hoffmann	9:30,00	2007	3k	Magdalena Mayerhoffer	10:49,03	2008
Luca Heerdt	16:00	2014	5k	Johanna Rellensmann	19:09	2009
Ibrahim Osman	33:35	2012	10k	Magdalena Mayerhoffer	39:06	2008
Michael Beetz	53:25	2011	15k	Magdalena Mayerhoffer	59:48	2008
Michael Beetz	1:18:30	2011	HM	Magdalena Mayerhoffer	1:27:47	2008
Robert Lenger	2:09:56	2002	25k			
Alexander Mildner	3:27:47	2008	M			
HK						
Christian Vogel	1:56,15	2005	800	Lisa Schmiedeshoff	2:28,27	2014
Christian Vogel	2:32,82	2005	1000	Daniela Lembeck	3:12,90	2007
Matthias Pröbsting	4:04,45	2020	1500	Carolin Hauck	5:08,70	2015
Jan Kaumanns	8:48,78	2022	3k	Johanna Rellensmann	10:13,76	2015
Jan Kaumanns	15:11,58	2022	5k	Johanna Rellensmann	16:51,81	2014
Fritz Koch	31:25	2015	10k	Miriam Zirk	34:15	2020
David Schönherr	49:04	2017	15k	Miriam Zirk	54:18	2020
Pascal Hille	1:08:20	2012	HM	Miriam Zirk	1:15:35	2021
David Schönherr	1:28:50	2016	25k	Kristin Möse	1:53:45	2019
David Schönherr	2:26:52	2016	M	Miriam Zirk	2:44:31	2019
30						
Noureddine Boulouh	1:59,78	2010	800	Eva Tingelhoff	2:27,95	2019
Noureddine Boulouh	2:38,99	2010	1000	Julia Juchem	3:25,36	2006
Noureddine Boulouh	4:11,09	2009	1500	Maria Weißling	4:49,66	1998
John Kuhlmann	8:57,99	2015	3k	Maria Weißling	10:27,73	1998
David Schönherr	15:37	2020	5k	Johanna Rellensmann	17:16	2021
Patrick Dirksmeier	31:44	2016	10k	Johanna Rellensmann	34:58	2021
Patrick Dirksmeier	49:06	2017	15k	Jana Kappenberg	56:27	2012
Patrick Dirksmeier	1:08:49	2018	HM	Johanna Rellensmann	1:16:34	2021
Fritz Koch	1:26:08	2022	25k	Jana Kappenberg	1:45:56	2009
David Schönherr	2:23:03	2020	M	Jana Kappenberg	2:54:20	2011
35						
Andreas Kösters	2:07,95	2017	800	Miriam Schröder	2:19,92	2016
Michael Holtkötter	2:58	1995	1000			
Andreas Kösters	4:23,40	2017	1500	Miriam Schröder	4:47,97	2016
John Kuhlmann	9:19,11	2016	3k	Anne Holtkötter	11:49	1997
Manuel Goerlich	15:55	2019	5k	Miriam Schröder	17:34	2016
Manuel Goerlich	32:10	2020	10k	Miriam Schröder	36:34	2016
Manuel Goerlich	48:36	2019	15k	Miriam Schröder	59:33	2012
Manuel Goerlich	1:10:29	2021	HM	Miriam Schröder	1:22:37	2016
Benoit Varlet	1:35:35	2008	25k	Miriam Schröder	1:45:17	2013
Manuel Goerlich	2:28:30	2021	M	Christiane Graeber	2:59:07	2000
Michael Geske	8:26:45	1998	100k	Michaela Winter	16:24:00	2020

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Michael Holtkötter	2:13,65	1997	800	Miriam Schröder	2:22,07	2018
Michael Holtkötter	2:54,78	1996	1000	Anne Holtkötter	3:34,16	2002
Michael Scheel	4:31,59	2010	1500	Miriam Schröder	4:44,46	2018
Stefan Langenbach	9:40	2012	3k	Miriam Schröder	11:23	2018
Stefan Langenbach	16:22	2012	5k	Miriam Schröder	18:01	2018
Sven Moyé	34:01	2019	10k	Jana Kappenberg	36:45	2021
Sven Moyé	49:48	2018	15k	Rita Lanwer	57:59	1999
Sven Moyé	1:11:45	2019	HM	Miriam Schröder	1:23:13	2017
Markus van der Velde	1:39:04	2009	25k	Eva Kammer	1:51:17	2004
Sven Moyé	2:30:24	2019	M	Jana Kappenberg	2:56:35	2021
Michael Geske	8:11:29	2000	100k	Hildegard Kerkhoff	10:47:31	1995

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Mahmut Arica	2:13,99	2019	800	Anne Holtkötter	2:38,83	2007
Michael Holtkötter	2:54,42	2001	1000	Anne Holtkötter	3:22,18	2007
Mahmut Arica	4:47,29	2019	1500	Brigitte Ziegler	5:17,86	1996
Markus van der Velde	10:19	2010	3k	Rita Lanwer	11:04,50	2002
Michael Hohenhorst	17:30	2005	5k	Brigitte Ziegler	18:41	1998
Michael Hohenhorst	35:41	2005	10k	Rita Lanwer	38:13	2001
Oliver Prinz	54:52	2012	15k	Rita Lanwer	59:09	2001
Michael Hohenhorst	1:17:57	2005	HM	Rita Lanwer	1:24:31	2001
Markus van der Velde	1:39:30	2013	25k	Raija Schmidt	1:45:35	2019
Markus van der Velde	2:45:34	2010	M	Brigitte Ziegler	2:57:28	1998
Markus van der Velde	8:16:05	2014	100k	Brigitte Ziegler	8:55:37	1996

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Klaus Pick	2:17,46	2016	800	Marion Hillebrand-Raves	2:28,88	2014
Michael Holtkötter	3:00,20	2007	1000	Maria Feyerabend	3:50,40	2006
Klaus Pick	4:55,56	2016	1500	Anne Holtkötter	5:27,29	2010
Michael Holtkötter	10:30	2007	3k	Brigitte Ziegler	11:21	2000
Hans Reimann	18:12	2003	5k	Brigitte Ziegler	19:34	2000
Markus van der Velde	35:48	2015	10k	Brigitte Ziegler	39:30	2000
Thomas Rundle	55:25	1994	15k	Hannelore Horst	1:03:52	2000
Thomas Rundle	1:18:48	1993	HM	Brigitte Ziegler	1:27:35	2000
Sirus Pezeschgi	1:45:28	2014	25k	Hannelore Horst	1:51:35	2003
Markus van der Velde	2:49:52	2015	M	Brigitte Ziegler	3:00:58	2000
Markus van der Velde	8:48:37	2015	100k	Hannelore Horst	9:16:44	2001

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Antonio Rodrigues	2:20,12	2018	800	Anne Holtkötter	2:44,37	2013
Karl Heinz Prieß	3:13,50	2012	1000	Brigitte Ziegler	3:47,98	2005
Antonio Rodrigues	4:39,78	2018	1500	Anne Holtkötter	5:34,20	2013
Antonio Rodrigues	9:47,80	2018	3k	Anne Holtkötter	11:37,40	2013
Antonio Rodrigues	17:10	2018	5k	Anne Holtkötter	19:53,49	2013
Thomas Rundle	35:53	1995	10k	Anne Holtkötter	41:56,00	2013
Thomas Rundle	56:19	1995	15k	Anne Holtkötter	1:04:22	2013
Thomas Rundle	1:19:59	1995	HM	Anne Holtkötter	1:32:37	2013
Stefan Bales	1:43:01	2022	25k	Maria Feyerabend	1:55:16	2010
Reinhard Schröder	2:52:59	2009	M	Hannelore Horst	3:16:47	2008
Peter Samulski	7:54:09	1995	100k	Brigitte Ziegler	9:39:52	2006

60						
Karl Heinz Prieß	2:29,36	2015	800	Anne Holtkötter	2:51,07	2019
Torolv Prokosch	3:42,30	2009	1000			
Antonio Henrique	5:19,55	2019	1500	Anne Holtkötter	5:52,40	2018
Peter Samulski	11:15,60	1998	3k	Delia Krell-Witte	12:28	2019
Reinhard Schröder	19:26	2014	5k	Anne Holtkötter	21:06	2018
Peter Samulski	39:15	1999	10k	Hildegard Durynek	43:20	1996
Gottfried Schäfers	1:01:05	1998	15k	Maria Feyerabend	1:07:47	2014
Peter Samulski	1:26:46	1999	HM	Anne Holtkötter	1:38:24	2018
Bernd Huesker	1:48:11	2010	25k	Maria Feyerabend	2:01:50	2015
Reinhard Schröder	2:58:21	2014	M	Maria Feyerabend	3:30:40	2015
Peter Samulski	8:28:37	1999	100k	Julia Suwelack	11:50:38	2009
65						
Torolv Prokosch	2:48,74	2013	800	Marion Rother	3:22,60	2012
Torolv Prokosch	3:42,20	2012	1000			
Michael Holtkötter	5:40,88	2021	1500	Marion Rother	6:45,52	2011
Heinz Hoveling	12:48	2013	3k	Maria Feyerabend	14:14	2019
Bernd Huesker	20:37	2014	5k	Maria Feyerabend	23:27,00	2019
Gottfried Schäfers	41:17	2004	10k	Maria Feyerabend	46:17	2019
Rainer Lid	1:03:42	2017	15k	Maria Feyerabend	1:12:04	2019
Rainer Lid	1:31:08	2019	HM	Maria Feyerabend	1:41:33	2019
Bernd Huesker	1:51:30	2014	25k	Uschi Sypiena	2:35:50	2014
Gottfried Schäfers	3:15:47	2004	M	Julia Suwelack	3:58:31	2013
Rainer Lid	9:48:16	2018	100k	Julia Suwelack	12:49:04	2012
70						
Heinz Hoveling	3:00,62	2017	800	Marion Rother	3:32,18	2016
Torolv Prokosch	4:12,30	2018	1000			
Torolv Prokosch	6:26,30	2017	1500	Marion Rother	7:07,98	2016
Heinz Hoveling	13:28	2018	3k	Marion Rother	15:12	2016
Gottfried Schäfers	22:25	2008	5k	Marion Rother	26:14,21	2016
Bernd Huesker	45:21	2019	10k	Marion Rother	54:48	2017
Bernd Huesker	1:07:19	2019	15k			
Bernd Huesker	1:39:43	2019	HM	Julia Suwelack	1:57:42	2017
Bernd Huesker	2:01:44	2019	25k	Julia Suwelack	2:27:18	2017
Gottfried Schäfers	3:29:56	2009	M	Julia Suwelack	4:25:21	2017
			100k	Julia Suwelack	16:11:27	2018
75						
Manfred Hoermann	3:49,36	2013	800			
Gottfried Schäfers	25:05	2013	5k	Hildegard Durynek	32:27	2012
Gottfried Schäfers	51:04	2013	10k			
Gottfried Schäfers	1:20:35	2013	15k			
Gottfried Schäfers	1:53:02	2014	HM	Hildegard Durynek	2:36:29	2013
Gottfried Schäfers	4:19:23	2013	M			
80						
Gottfried Schäfers	29:33	2018	5k			
Gottfried Schäfers	59:37	2018	10k			
Gottfried Schäfers	1:30:45	2018	15k			
Gottfried Schäfers	2:13:18	2018	HM			