

Jahresbestenliste 2021

MÄNNER

FRAUEN

100 m			
Mahmut Arica	00:13,46	Marion Rother	00:24,20
Torolv Prokosch	00:16,74		
200 m			
Niklas Spilker	00:26,17	Nina Bergerfurth	00:30,11
Mahmut Arica	00:27,74	Charlotte Renkert	00:30,30
Torolv Prokosch	00:35,09	Johanna Lörcks	00:32,70
400 m			
Niklas Spilker	00:58,27		
Dominik Schmaltz	01:05,27		
800 m			
Mahmut Arica	02:18,84	Nina Bergerfurth	02:28,19
Dominik Schmaltz	02:24,71	Pauline Althoff	02:43,50
Arne Fischer	02:25,75	Johanna Lörcks	02:51,12
1500 m			
Christian Teipel	04:34,25	Nina Bergerfurth	05:13,06
Mahmut Arica	04:47,39	Charlotte Renkert	05:26,57
Antonio Rodrigues	04:50,72	Pauline Althoff	05:38,63
Klaus Brinker	04:52,15	Delia Krell-Witte	06:25,01
Dominik Schmaltz	04:56,89		
Josia Thürigen	04:58,94		
Arne Fischer	05:11,82		
Carl van gen Hassend	05:24,22		
Antonio Henrique	05:32,95		
Michael Holtkötter	05:40,88		
3000 m			
Arne Fischer	10:54,77	Raija Schmidt	11:18,73
Niklas Spilker	11:25,18	Nina Bergerfurth	11:28,79
		Charlotte Renkert	11:58,51
		Pauline Althoff	12:09,51
		Sina Wetterkamp	12:19,21
5000 m / 5 km			
Henrik Hooge	17:20	Johanna Rellensmann	17:16
Antonio Rodrigues	17:55,01	Marie Sommer	18:44,53
Jens Peters	18:00,34	Raija Schmidt	19:26
Tobias Görge	18:32,80	Verena Charlotte Haase	19:28
Björn Reiß	18:48	Nina Bergerfurth	20:48
Jonas Olawsky	18:48	Sina Wetterkamp	21:09,68
Willem Dehler	18:50	Pauline Althoff	21:29
Dominik Schmaltz	18:51,87	Sandra Heck	22:36
Klaus Brinker	19:03	Delia Krell-Witte	22:40,89
Steffen Vollbrecht	19:14	Kristin Möse	23:04
Jens Korte	19:14	Alexandra Schoppe-Schmidt	23:23
Arne Fischer	19:30,16	Petra Rüdibusch	24:05
Michael Kasprik	19:41	Maria Feyerabend-Hoveling	24:07
Antonio Henrique	19:52	Rosa Gomes	24:30
Sirus Pezeschgi	20:05	Vanessa Radosch	24:59

5000 m / 5 km

Michael Holtkötter	20:39	Heike Lüken	25:58
Oliver Schröder	20:52	Petra Klauß-Vielmeyer	26:47
Ulrich Kaiser	22:10	Mechthild Bertels	27:43
Wolfgang Farwick	22:40	Barbara Heuer	27:56
Dirk Keggenhoff	22:40	Annette Schwarzkopp	30:44
Andreas Reher	23:07	Angelika Syska	33:41
Thorsten Schulze	23:10		
Sebastian Warbinger	24:03		
Clemens Wolking	24:11,18		
Stanislav Bartusiak	24:23		
Jan Rabenstein	25:36		
Dietmar Schneider	26:43		
Ralf Bühn	26:54		
Steve Rincklake van Endert	27:11		
Friedhelm Vielmeyer	28:48		
Frank Sommerkamp	29:48		

10 km

Jan Kaumans	00:32:03	Johanna Rellensmann	00:34:58
Jan-Philipp Meurer	00:33:29	Lea Brückner	00:35:01
Manuel Goerlich	00:33:35	Jana Kappenberg	00:36:45
Marvin Röthemeyer	00:34:40	Marie Sommer	00:39:27
Patrick Dirksmeier	00:34:53	Raija Schmidt	00:39:47
Henrik Hooge	00:36:10	Verena Charlotte Haase	00:42:11
Marcel Machauer	00:36:13	Silvia Sprenger	00:42:44
Antonio Rodrigues	00:36:49	Nina Bergerfurth	00:42:44
Philipp Rosenow	00:37:12	Pauline Althoff	00:44:22
Michael Prott	00:37:22	Kirsten Althoff	00:44:36
Roland Mai	00:39:03	Sina Kerkering	00:46:03
Giles Gardam	00:39:45	Delia Krell-Witte	00:46:45
Jan Ferneding	00:39:54	Tina Althoff	00:47:35
Max Heyder	00:39:56	Maria Feyerabend-Hoveling	00:48:22
Mahmut Arica	00:40:06	Rita Lanwer	00:49:20
Sirus Pezeschgi	00:41:55	Vera Kovermann	00:50:38
Michael Holtkötter	00:42:21	Alena Finckh	00:50:39
Thomas Arlinghaus	00:42:32	Elke Strachalla	00:51:42
Tobias Westermann	00:42:55	Oliver Gremm	00:51:45
Stephan Kerkering	00:43:35	Christina Hornberger	00:51:48
Ulrich Kaiser	00:45:17	Corinna Bindrim	00:52:02
Hendrik Post	00:45:19	Friederike Rothmund	00:53:48
Detlev May	00:45:51	Barbara Heuer	00:54:41
Dirk Keggenhoff	00:46:21	Hedwig Althoff	00:55:38
Stefan Lammers	00:46:56	Antje Katrin Pöcheim	00:57:37
Andreas Reher	00:47:05	Ruth Lutz	01:04:07
Take Ringena	00:47:17		
Guido Wecker	00:47:23		
Claus Peter Hendricks	00:49:17		
Michael Albers	00:49:18		
Wolfgang Farwick	00:50:43		
Andreas Arlt	00:51:22		

10 km

Andreas Clausing	00:51:24
Heiko Möcklinghoff	00:52:05
Rainer Wachsmann	00:52:54
Udo Goldberg	00:52:59
Heinz Merse	00:53:34
Günter Hahn	00:53:40
Fulvio Quattrocchi	00:57:36
Hans-Jürgen Engel	00:59:23
Dieter Zinzius	01:00:20
Manfred Musigmann	01:01:38
Friedhelm Vielmeyer	01:01:38

15 km

Dirk Keggenhoff	01:14:27
Rainer Wachsmann	01:20:29

Halbmarathon

Jan Kaumans	01:09:29	Miriam Zirk	01:15:35
Manuel Goerlich	01:10:29	Johanna Rellensmann	01:16:34
Andreas Schill	01:12:27	Raija Schmidt	01:26:37
David Schönherr	01:16:34	Marie Sommer	01:26:42
Marcel Machauer	01:18:40	Sophia Salzwedel	01:26:47
Björn Reiß	01:33:49	Antonia Rewer	01:30:34
Arne Fischer	01:36:34	Christine Greve	01:32:55
Dominik Schmaltz	01:37:35	Rita Lanwer	01:47:24
Michael Holtkötter	01:38:00	Andrea Hahn	01:49:37
Wolfgang Farwick	01:40:35	Heike Belkner	01:50:26
Dirk Keggenhoff	01:44:00	Wiebke Arkenau	01:51:17
Klaus Bühn	01:44:02	Sandra Hagenkötter	01:58:32
Andreas Reher	01:44:13	Miriam Kolar	02:01:19
Take Ringena	01:47:55	Barbara Heuer	02:04:18
Heiko Möcklinghoff	01:48:03	Jennifer Warbinger	02:06:07
Guido Wecker	01:49:34	Petra Frisse	02:10:38
Thomas Verlage	01:54:04	Petra Klauß-Vielmeyer	02:21:10
Magnus Grüger	01:54:37	Katrin Wachsmann	02:38:48
Sebastian Warbinger	01:57:24		
Claus Stanke	01:59:06		
Heiner Nordmann	01:59:28		
Dietmar Schneider	02:01:01		
Detlev May	02:05:49		
Rainer Wachsmann	02:12:05		
Hans-Georg Bone	02:13:57		
Dieter Zinzius	02:20:58		
Friedhelm Vielmeyer	02:21:10		

25 km			
Sirus Pezeschgi	01:46:07	Silvia Sprenger	01:53:59
Michael Albers	02:06:40	Kristin Möse	01:58:57
Udo Goldberg	02:27:23	Kirsten Althoff	02:02:57
Günter Hahn	02:32:18	Vera Kovermann	02:36:37
Michael Goschke	02:39:03	Tina Althoff	02:36:38
		Hedwig Althoff	02:40:29
30 km			
Rainer Lid	02:41:41		
Klaus Bühn	02:44:28		
Marathon			
Manuel Goerlich	02:28:30	Johanna Rellensmann	02:42:00
Fritz Koch	02:32:04	Jana Kappenberg	02:56:35
Marvin Röthemeyer	02:34:23	Antonia Rewer	03:13:40
Marcel Machauer	02:43:28	Silvia Sprenger	03:14:37
Sven Moyé	02:56:43	Ira Schwefer	03:22:40
Jens Korte	02:56:53	Kristin Möse	03:22:43
Mike Claaßen	02:59:27	Laura Schleuß	03:25:00
Oliver Qiu	03:05:20	Eva-Maria Gaszek	03:29:26
Antonio Reina Lopez	03:05:34	Martina Damiani	03:30:04
Stefan Bales	03:06:39	Eva Berghaus	03:39:28
Mahmut Arica	03:07:56	Nina Jansing	03:43:28
Max Heyder	03:08:24	Heike Belkner	03:49:21
Mike Brouwer	03:09:18	Heike Koch	03:53:07
Roland Mai	03:09:44	Tina Althoff	04:10:27
Sören Hand	03:09:55	Petra Hendricks	04:11:17
Michael Kasprík	03:11:05	Michaela Winter	04:13:29
Sirus Pezeschgi	03:13:09	Oliver Gremm	04:20:00
Sven Ahrens	03:14:07	Andrea Hahn	04:21:56
Reinhard Zumtick	03:23:43	Miriam Kolar	04:23:23
Moritz Jan Schütze	03:33:04	Sabine Lachmann	04:32:44
Bernd Huesker	03:40:15	Elisabeth Otto	04:34:53
Wolfgang Farwick	03:43:54	Sandra Hagenkötter	04:34:53
Werner Peters	03:44:07	Katrin Wachsmann	04:39:39
Heiko Möcklinghoff	03:49:07	Heike Lüken	04:41:08
Andreas Reher	03:50:18	Jennifer Warbinger	04:54:32
Martin Luig	03:50:29	Julia Suwelack	04:56:01
Hermann Fliß	03:53:38	Petra Frisse	04:56:20
Dirk Keggenhoff	03:53:51	Nicole Woermann-Riedel	05:24:50
Martin Kanne	03:56:04		
Jan Reddemann	04:02:05		
Marco Hampel	04:08:52		
Giuseppe Mariani	04:10:14		
Klaus Bühn	04:11:46		
Heiner Nordmann	04:11:50		
Thomas Verlage	04:16:08		
Klaus Buchterkirche	04:16:20		
Oliver Schröder	04:16:46		
Björn Reiß	04:20:09		

Marathon

Heinz Merse	04:22:40
Reinhard Schmiing	04:24:23
Magnus Grüger	04:27:43
Hans-Jürgen Engel	04:29:34
Rainer Wachsmann	04:36:58
Stefan Chrzanowski	04:38:24
Claus Stanke	04:39:00
Sebastian Warbinger	05:08:51
Stefan Petermann	05:12:28
Peter Leonard	05:24:34
Werner Fritsche	05:25:20
Dirk Czarnetzki	05:29:01

50 km

Werner Peters	04:59:13	Julia Suwelack	05:59:26
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100 km

Kirsten Althoff	08:17:00
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