

Jahresbestenliste 2022

MÄNNER

FRAUEN

100 m			
Torolv Prokosch	00:16,39	Kathleen Hollenberg	00:14,58
		Marion Rother	00:24,41
110 m Hürden			
		Kathleen Hollenberg	00:19,37
200 m			
Torolv Prokosch	00:35,06		
300 m			
		Mina Henneke	00:50,39
400 m			
Torolv Prokosch	01:31,45	Charlotte Renkert	01:04,76
		Nina Bergerfurth	01:05,54
		Kathleen Hollenberg	01:10,24
		Pauline Althoff	01:12,49
		Angelika Syska	02:00,00
		Marion Rother	02:01,56
800 m			
Philip Slüter	02:00,66	Nina Bergerfurth	02:23,62
Mahmut Arica	02:19,31	Charlotte Renkert	02:25,95
Arne Fischer	02:26,13	Pauline Althoff	02:41,85
Klaus Brinker	02:27,78	Kathleen Hollenberg	02:45,47
Michael Holtkötter	02:47,13	Carlotta Scherka	03:02,16
		Johanna Mattay	03:06,59
		Anne Holtkötter	03:17,31
		Hanna Marie Müller	03:22,23
		Marion Rother	04:43,18
1500 m			
Arne Fischer	05:15,92	Nina Bergerfurth	04:57,13
Mahmut Arica	05:18,86	Charlotte Renkert	05:09,84
Ralf Schleicher	06:04,25	Pauline Althoff	05:21,12
		Kathleen Hollenberg	06:12,34
3000 m / 3 km			
Jan Kaumanns	08:48,10	Nina Bergerfurth	11:04,18
Philip Slüter	10:15,00	Pauline Althoff	11:36,28
Julian Kuhlmann	10:48,00	Anne Holtkötter	13:08,91
Mahmut Arica	10:56,80	Hanna Marie Müller	14:29,80
Arne Fischer	11:30,57	Petra Klauß-Vielmeyer	15:37,00
Michael Holtkötter	12:00,15	Annette Schwarzkopp	19:13,00
Markus van der Velde	12:35,00	Marion Rother	19:27,00
Ralf Schleicher	13:08,22	Angelika Syska	20:09,00

5 km

Fritz Koch	15:04	Johanna Rellensmann	17:15
Jan Kaumanns	15:12	Lea Brückner	17:55
Manuel Kruse	15:23	Jana Kappenberg	18:12
Alexander Schill	15:27	Raija Schmidt	19:13
Jens Kassebeer	15:31	Marie Sommer	19:19
Finn Ponick	16:02	Nina Bergerfurth	19:31
Viktor Husser	16:59	Linda Schücker	20:18
David Schönherr	17:07	Charlotte Renkert	20:21
Philipp Rosenow	17:17	Antonia Rewer	20:22
Oliver Qiu	17:20	Pauline Althoff	20:40
Sören Hand	17:31	Verena Charlotte Haase	20:52
Jens Peters	17:44	Kristin Möse	21:05
Philip Slüter	17:47	Wiebke Machauer	21:33
Michèl Hankemeier	17:52	Anne Holtkötter	22:06
Henrik Hooge	17:55	Michaela Winter	22:47
Michael Prott	18:07	Delia Krell-Witte	23:35
Jens Korte	18:16	Johanna Mattay	23:38
Bernd Schniederalbers	18:24	Andrea Hahn	23:41
Jan Ferneding	18:29	Hanna Marie Müller	24:08
Stefan Bales	18:30	Rosa Gomes	24:47
Mahmut Arica	18:32	Maria Feyerabend-Hoveling	24:52
Julian Kuhlmann	18:37	Carlotta Scherka	24:58
Tobias Görge	18:52	Sandra Hagenkötter	25:13
Willem Dehler	18:53	Rita Lanwer	25:22
Klaus Brinker	18:59	Vera Kovermann	25:34
Arne Fischer	19:38	Claudia Tappert	25:36
Michael Kasprik	19:53	Ricarda Hagemann	25:59
Artur Boschmann	19:54	Cordula Rehrmann-Niehoff	26:50
Michael Machill	19:56	Maren Arndt	26:50
Antonio Henrique	20:00	Jennifer Warbinger	27:30
Simon Demming	20:15	Petra Klauß-Vielmeyer	28:00
Sirus Pezeschgi	20:33	Moira Molitor	28:36
Michael Holtkötter	20:43	Anke Riepe	28:50
Markus Weweler	21:20	Heike Lüken	29:14
Tobias Westermann	21:30	Anne-Christine Kastrup	31:02
Daniel Weppeler	22:11	Marika Meyer zu Brickwedde	31:04
Carl van gen Hassend	22:14	Annette Schwarzkopp	31:28
Andreas Reher	22:24	Karin Decker	32:12
Klaus Bühn	22:39	Andrea Heimann	32:13
Dirk Keggenhoff	22:49	Anna Ringbeck	33:15
Ralf Schleicher	22:50	Angelika Syska	33:19
Wolfgang Farwick	22:53	Lea Bentin	33:53
Andreas Clausing	23:14	Marion Rother	35:17
Sebastian Piegza	23:25	Lena Burgmaier	35:42
Markus van der Velde	23:40	Friederike Rothmund	41:57
Gerrit Lemkau	24:09		
Rainer Wachsmann	24:58		
Patrick Baukloh	24:59		
Stanislav Bartusiak	25:12		
Sebastian Warbinger	25:15		
Josef Eiersbrock	25:43		

5000 m / 5 km			
Dietmar Schneider	26:24		
Claus Stanke	26:40		
Julio Lopes Gomes	27:04		
Karl Heinz Prieß	27:17		
Torolv Prokosch	27:20		
Lukas Kaminski	27:22		
Karl Wendland	28:58		
Axel Wiedenhues	28:59		
Thomas Marxcors	30:07		
Bernhard Kreienbaum	31:23		
10 km			
Jan Kaumanns	31:40	Johanna Rellensmann	34:37
Alexander Schill	31:53	Jana Kappenberg	36:51
Manuel Kruse	31:57	Antonia Rewer	38:06
Manuel Goerlich	32:25	Raija Schmidt	39:20
Fritz Koch	32:48	Marie Sommer	40:20
David Schönherr	33:08	Nina Bergerfurth	41:26
Marvin Röthemeyer	33:10	Silvia Sprenger	41:49
Bernd Schniederalters	34:45	Laura Schleuß	41:54
Simon von Martial	35:29	Martina Damiani	42:19
Tim Fasel	35:47	Linda Schücker	42:53
Henrik Hooge	36:15	Pauline Althoff	43:45
Philipp Rosenow	36:23	Johanna Mattay	44:35
Oliver Qiu	36:30	Amelie Albers	44:46
Michèl Hankemeier	36:32	Ida Bollenberg	45:06
Sören Hand	36:33	Kristin Möse	45:12
Marcel Machauer	36:54	Sabine Lachmann	45:47
Marcel Hier	36:55	Sina Kerkering	46:43
Jens Peters	36:58	Anne Holtkötter	46:55
Giles Gardam	37:05	Wiebke Arkenau	47:08
Michael Prott	37:13	Delia Krell-Witte	47:12
Björn Reiß	37:21	Joke Werner	47:27
Andreas Narozny	37:50	Tina Althoff	47:39
Mike Brouwer	37:53	Ricarda Hagemann	48:27
Stefan Wietscher	38:25	Martina Sauerwald	48:51
Benedikt Korte	38:27	Maria Feyerabend-Hoveling	49:00
Stefan Bales	38:36	Christina Wargers	49:00
Mahmut Arica	38:49	Petra Hendricks	49:18
Christian Teipel	38:50	Andrea Hahn	49:19
Jens Korte	39:01	Sue Rossano Rivero	49:45
Michael Weste	39:03	Elke Strachalla	50:24
Max Heyder	39:14	Heike Koch	51:11
Roland Mai	39:20	Vera Kovermann	51:12
Bodo Kienecker	39:31	Anne-Christine Kastrup	51:20
Tobias Görge	39:31	Mechthild Bertels	51:24
Michael Kasprik	39:41	Michaela Winter	51:41
Thomas Arlinghaus	39:44	Sandra Hagenkötter	51:43
Mike Claaßen	39:47	Nina Walter	51:58
Sven Ahrens	39:47	Antje Katrin Pöcheim	52:01
Moritz Schlenkhoff	39:59	Corinna Bindrim	52:03
Tobias Engl	41:11	Silke Baar	52:20

10 km

Arne Fischer	41:24	Petra Klauß-Vielmeyer	52:40
Peter Navratil	41:48	Hannah Betz	52:53
Michael Holtkötter	41:54	Martina Cwojdzinski	53:20
Sirus Pezeschgi	42:10	Heike Belkner	54:27
Matthias Nowack	42:17	Jennifer Warbinger	54:59
Thorsten Sproll	42:52	Barbara Heuer	55:22
Stefan Lammers	43:04	Lucia Dießel	56:59
Stefan Francke	43:30	Heike Lüken	57:15
Detlev May	44:07	Carolyn Brosig	58:16
Markus van der Velde	44:27	Claudia Tappert	58:48
Hendrik Post	44:32	Stephanie Schröder	58:52
Kai Stoffels	44:49	Moira Molitor	59:54
Tobias Westermann	45:07	Petra Frisse	01:01:31
Florian Severin	45:49	Martina Pösentrup	01:01:41
Andreas Reher	46:16	Hanna Pösentrup	01:01:41
Ingo Fraune	46:27	Sabine Buck	01:03:12
Klaus Bühn	46:37	Sigrid Baum	01:03:19
Jan Reddemann	46:37	Jana Brockmann	01:06:35
Stephan Kerkering	46:43	Anna Ringbeck	01:09:15
Mats Lammers	46:47	Angelika Syska	01:12:32
Take Ringena	46:56	Gaby Spatz	01:18:26
Reinhard Schmiing	46:56		
Oliver Schröder	46:59		
Norbert Fasel	47:04		
Sebastian Warbinger	47:05		
Ulrich Kaiser	47:08		
Wolfgang Farwick	47:16		
Josia Thürigen	48:41		
Guido Wecker	49:19		
Dirk Keggenhoff	49:23		
Sebastian Piegza	49:25		
Daniel Weppeler	49:33		
Lukas Kaminski	49:40		
Stephan Meyer	49:47		
Peter Zimmer	49:51		
Patrick Baukloh	50:02		
Bernd Huesker	51:05		
Jan Rabenstein	51:57		
Stanislav Bartusiak	52:17		
Fulvio Quattrocchi	52:26		
Clemens Wolking	52:49		
Magnus Grüger	52:51		
Claus Peter Hendricks	53:08		
Steve Rincklake van Endert	53:33		
Sebastian Mader	53:38		
Hans-Georg Bone	54:52		
Rainer Wachsmann	54:55		
Claus Stanke	54:56		
Josef Eiersbrock	55:25		
Dietmar Schneider	56:49		
Günter Hahn	57:40		

10 km			
Torolv Prokosch	57:56		
Manfred Musigmann	59:18		
Thomas Marxcors	01:04:43		
Heinz Bucker	01:05:38		
15 km			
Manuel Kruse	48:32	Jana Kappenberg	56:00
David Schönherr	52:16	Raija Schmidt	01:00:49
Michael Prott	56:00	Heike Koch	01:18:50
Björn Reiß	58:19	Petra Frisse	01:38:19
Stefan Bales	58:29		
Jens Korte	58:46		
Arne Fischer	01:05:12		
Andreas Reher	01:10:31		
Detlev May	01:12:47		
Bernd Huesker	01:17:05		
Reinhard Schmiing	01:17:18		
Stanislav Bartusiak	01:22:12		
Halbmarathon			
Jan Kaumanns	01:08:16	Jana Kappenberg	01:22:07
Manuel Kruse	01:10:08	Raija Schmidt	01:26:39
Alexander Schill	01:11:00	Antonia Rewer	01:26:43
Marvin Röthemeyer	01:13:18	Christine Greve	01:31:40
David Schönherr	01:16:45	Eva Berghaus	01:37:26
Bernd Schniederalters	01:17:09	Eva-Maria Gaszek	01:39:18
Henrik Hooge	01:18:58	Sina Kerkering	01:42:15
Tim Fasel	01:19:50	Amelie Albers	01:44:28
Philipp Rosenow	01:20:09	Kristin Möse	01:47:56
Simon André	01:20:35	Christina Wargers	01:50:17
Michael Prott	01:21:04	Tina Althoff	01:53:59
Marcel Hier	01:21:48	Andrea Hahn	01:54:57
Björn Reiß	01:22:30	Elke Strachalla	01:55:05
Michèl Hankemeier	01:22:40	Heike Belkner	01:55:41
Jens Korte	01:23:46	Mechthild Bertels	01:56:01
Giles Gardam	01:23:53	Martina Sauerwald	01:56:43
Stefan Bales	01:24:07	Rosa Gomes	01:58:57
Mike Brouwer	01:24:14	Sandra Hagenkötter	01:59:50
Roland Mai	01:26:05	Petra Klauß-Vielmeyer	02:02:07
Mike Claaßen	01:27:18	Anne-Christine Kastrup	02:03:16
Manuel Goerlich	01:28:12	Barbara Heuer	02:04:42
Thomas Arlinghaus	01:29:13	Heike Lüken	02:05:22
Florian Braun	01:30:53	Jennifer Warbinger	02:05:26
Max Heyder	01:31:05	Martina Cwojdzinski	02:07:25
Michael Kaspruk	01:33:23	Corinna Bindrim	02:08:01
Sirus Pezeschgi	01:33:45	Julia Suwelack	02:10:28
Arne Fischer	01:33:51	Jana Brockmann	02:16:32
Michael Weste	01:35:21	Petra Frisse	02:20:44
Moritz Jan Schütze	01:39:43	Anna Ringbeck	02:24:25
Andreas Reher	01:39:51	Simone de Kruijff	02:25:00
Klaus Bühn	01:41:14	Michaela Winter	02:29:51
Andreas Leißing	01:41:41	Marianne Terbeck	02:33:21
Ingo Fraune	01:41:48	Anke Riepe	02:35:58

Halbmarathon			
Tobias Westermann	01:41:56	Christine Herbert	02:40:47
Ulrich Kaiser	01:43:50	Simone Löchte	02:56:46
Take Ringena	01:44:33	Annette Schwarzkopp	03:29:45
Sebastian Piegza	01:45:19		
Norbert Fasel	01:46:24		
Wolfgang Farwick	01:48:14		
Guido Wecker	01:51:31		
Reinhard Schmiing	01:52:04		
Heinz Merse	01:53:36		
Dirk Keggenhoff	01:56:09		
Sebastian Warbinger	01:56:43		
Magnus Grüger	01:56:44		
Bernd Huesker	01:57:23		
Dieter Sternberg	01:57:23		
Stanislav Bartusiak	01:58:59		
Jochen Koch	01:59:16		
Detlev May	01:59:21		
Stefan Lammers	01:59:29		
Rainer Wachsmann	02:04:22		
Dietmar Schneider	02:05:18		
Daniel Weppeler	02:05:47		
Claus Stanke	02:07:16		
Udo Goldberg	02:14:26		
Hans-Georg Bone	02:15:13		
Dirk Czarnetzki	02:15:44		
Sebastian Mader	02:16:17		
Friedhelm Vielmeyer	02:16:30		
Günter Hahn	02:17:29		
Thomas Marxcors	02:17:50		
Benedikt Korte	02:25:07		
Dieter Riepe	02:35:59		
25 km			
Fritz Koch	01:26:08	Kristin Möse	02:05:53
Stefan Bales	01:43:01	Petra Klauß-Vielmeyer	02:41:13
Andreas Reher	02:04:51		
Dirk Keggenhoff	02:11:39		
Werner Hölscher	02:11:41		
Christian Thien	02:41:40		
30 km			
Guido Wecker	02:52:59		

Marathon

Fritz Koch	02:25:42	Jana Kappenberg	02:49:06
Manuel Kruse	02:25:48	Raija Schmidt	02:59:11
Henrik Hooge	02:41:44	Antonia Rewer	02:59:57
Simon André	02:50:13	Kirsten Althoff	03:06:50
Marcel Hier	02:51:31	Martina Damiani	03:13:42
Sören Hand	02:52:57	Eva-Maria Gaszek	03:30:15
Michael Prott	02:54:10	Wiebke Arkenau	03:34:55
Philipp Rosenow	02:55:22	Heike Koch	03:54:50
Andreas Narozny	02:55:47	Ricarda Hagemann	04:02:06
Jens Korte	02:56:42	Heike Belkner	04:04:14
Stefan Bales	02:58:42	Silvia Sprenger	04:04:15
Giles Gardam	02:59:23	Corinna Bindrim	04:07:42
Roland Mai	03:02:35	Sue Rossano Rivero	04:08:17
Mike Brouwer	03:03:58	Joke Werner	04:12:11
Max Heyder	03:05:52	Michaela Winter	04:13:05
Benedikt Korte	03:06:20	Tina Althoff	04:18:28
Thomas Arlinghaus	03:07:47	Petra Hendricks	04:22:44
Mike Claaßen	03:13:55	Katrin Wachsmann	04:34:17
Volker Uckelmann	03:15:22	Alena Finckh	04:34:17
Sven Ahrens	03:15:28	Barbara Heuer	04:34:51
Michael Kasplik	03:16:54	Andrea Hahn	04:36:22
Martin Luig	03:17:34	Jennifer Warbinger	04:36:25
Stefan Lammers	03:17:57	Julia Suwelack	04:50:34
Sirus Pezeschgi	03:20:41	Petra Frisse	05:08:21
Mahmut Arica	03:21:02	Sandra Hagenkötter	05:09:52
Stefan Wietscher	03:23:54	Birgit Bickmann	05:27:39
David Schönherr	03:31:20		
Peter Navratil	03:31:43		
Marc Bußmann	03:34:28		
Moritz Jan Schütze	03:37:20		
Norbert Fasel	03:41:35		
Detlev May	03:42:00		
Andreas Reher	03:43:03		
Peter Leonard	03:43:41		
Tobias Westermann	03:53:03		
Jan-Frederik Schmees	03:53:23		
Klaus Buchterkirche	03:55:25		
Dirk Keggenhoff	03:56:10		
Sebastian Piegza	03:56:13		
Andreas Sontopski	04:01:32		
Wolfgang Farwick	04:01:51		
Martin Kanne	04:02:46		
Robert Lenger	04:03:58		
Claus Peter Hendricks	04:09:24		
Klaus Bühn	04:14:00		
Werner Hölscher	04:18:51		
Patrick Baukloh	04:26:56		
Johannes Bertling	04:28:22		
Thorsten Ullrich	04:32:10		
Marco Hampel	04:33:49		
Sebastian Warbinger	04:34:17		

Marathon			
Rainer Wachsmann	04:35:45		
Claus Stanke	04:36:37		
Magnus Grüger	04:42:39		
Dirk Czarnetzki	04:47:27		
Dietmar Schneider	04:57:58		
Stefan Petermann	05:00:58		
Thomas Marxcors	05:08:07		
Jörg Stratmann	05:16:27		
50 km			
		Julia Suwelack	06:07:46
100 km			
Norbert Fasel	12:42:27	Eva-Maria Gaszek	10:34:35
Rainer Wachsmann	14:26:39	Katrin Wachsmann	13:06:17
		Michaela Winter	13:07:10