

| <b>Bestenliste</b> | <b>2008</b>                      |      |        | W.A<br>31.12.2008 |
|--------------------|----------------------------------|------|--------|-------------------|
|                    |                                  |      |        |                   |
|                    |                                  |      |        |                   |
| <b>Männer</b>      |                                  |      |        |                   |
|                    |                                  |      |        |                   |
| <b>Halle</b>       |                                  |      |        |                   |
| <b>Kugel</b>       |                                  |      |        |                   |
| 14,42              | Krah, Uwe                        | 1943 | 12.1.  | Stadtallendorf    |
|                    |                                  |      |        |                   |
| 200 m              |                                  |      |        |                   |
| 27,74              | M 50<br>Rahmlow, Klaus-<br>Peter | 1957 | 26.01. | Hanau             |
|                    |                                  |      |        |                   |
| 400 m              |                                  |      |        |                   |
| 67,04              | M 65<br>Schulhauser, Helmut      | 1942 | 26.01. | Hanau             |
|                    |                                  |      |        |                   |
| Freien             |                                  |      |        |                   |
| 400 m              |                                  |      |        |                   |
| 68,04              | M 65<br>Schulhauser, Helmut      | 1942 | 08.06. | Egelsbach         |
| 79,12              | M 60<br>Ebhardt, Wilfried        | 1948 | 18.05. | Kassel            |
|                    |                                  |      |        |                   |
| 800 m              |                                  |      |        |                   |
| 2:00:50            | Anbau, Daniel                    | 1978 | 08.06. | Egelsbach         |
| 2:00,93            | Flügel, Julian                   | 1986 | 06.08. | Pfungstadt        |
| 2:11,28            | Saur, Marcel                     | 1991 | 31.07. | Kassel            |
| 2:30,67            | M 65<br>Schulhauser, Helmut      | 1942 | 08-05. | Egelsbach         |
|                    |                                  |      |        |                   |
| 1000m              |                                  |      |        |                   |
| 2:34,2             | Anbau, Daniel                    | 1978 | 09.05. | Wiesbaden         |
|                    |                                  |      |        |                   |
| 1500 m             |                                  |      |        |                   |
| 3:59,96            | Jahn, Markus                     | 1985 | 10.05. | Zeven             |
| 4:03,14            | Eberwein, Timm                   | 1985 | 18.05  | Kassel            |
| 4:04,91            | Flügel, Julian                   | 1986 | 18.05  | Kassel            |
| 4:08,86            | Anbau, Daniel                    | 1978 | 14.06. | Wetzlar           |
| 4:12,0             | Heyser, Niklas                   | 1989 | 04.09. | Niestetal         |
| 4:15,23            | Anbau, Daniel                    | 1978 | 08.06. | Egelsbach         |
| 4:20,95            | Rose, Christian                  | 1984 | 10.05. | Kassel            |
| 4:22,6             | Saur, Marcel                     | 1991 | 04.09. | Niestetal         |
| 4:27,0             | Langlotz, Manuel                 | 1988 | 04.09. | Niestetal         |
| 4:27,07            | Flügel, Nico                     | 1992 | 28.06. | Hofgeismar        |
| 4:30,8             | Scholtyzik, Sebastian            | 1990 | 04.09. | Niestetal         |

|          |                       |      |        |              |
|----------|-----------------------|------|--------|--------------|
| 4:45,2   | Heyser, Per           | 1992 | 04.09. | Niestetal    |
| 5:08,1   | Werner, Norbert       | 1967 | 04.09. | Niestetal    |
| 5:37,78  | Gehrmann, Reinhard    | 1948 | 18.05. | Kassel       |
| 5:51,65  | Ebhardt, Wilfried     | 1948 | 18.05. | Kassel       |
|          |                       |      |        |              |
| 3000m    |                       |      |        |              |
| 8:37,52  | Flügel, Julian        | 1986 | 14.06. | Schweinfurt  |
| 8:40,67  | Eberwein, Timm        | 1985 | 18.05. | Osterode     |
| 9:15,73  | Rose, Christian       | 1984 | 14-06- | Schweinfurt  |
| 9:34,1   | Jahnke, Matthias      | 1972 | 11.09. | Niestetal    |
| 9:40,3   | Scholtysik, Sebastian | 1990 | 11.09. | Niestetal    |
| 9:54,1   | Langlotz, Manuel      | 1988 | 11.09. | Niestetal    |
| 9:58,60  | Flügel, Nico          | 1992 | 18.04. | Hofgeismar   |
| 10:06,25 | Saur, Marcel          | 1991 | 18.04. | Hofgeismar   |
| 10:32,3  | Kroll, Laszlo         | 1992 | 11.09. | Niestetal    |
| 10:42,4  | Heyser, Per           | 1992 | 18.4.  | Hofgeismar   |
| 10:52,7  | Werner, Norbert       | 1967 | 11.09. | Niestetal    |
| 12:51,5  | Rahmlow, Klaus-Peter  | 1957 | 11.09. | Niestetal    |
|          |                       |      |        |              |
| 5000 m   |                       |      |        |              |
| 14:40,50 | Jahn, Markus          | 1984 | 08.06. | Tübingen     |
| 14:47,75 | Flügel, Julian        | 1986 | 21.05. | Koblenz      |
| 15:17,08 | Eberwein, Timm        | 1985 | 21.05. | Koblenz      |
| 15:51,76 | Rose, Christian       | 1984 | 21.05- | Koblenz      |
| 15:53,07 | Kessler, Markus       | 1979 | 06-08- | Pfungstadt   |
| 16:19,64 | Dr. Jahnke, Matthias  | 1972 | 18.4.  | Hofgeismar   |
| 16:35,69 | Heyser, Niko          | 1989 | 18.04. | Hofgeismar   |
| 16:57,4  | Saur, Marcel          | 1991 | 17.09. | Niestetal    |
| 17:44,3  | Heyser, Per           | 1992 | 17.09. | Niestetal    |
| 18:22,1  | Kroll, Laszlo         | 1992 | 17.09. | Niestetal    |
| 18:28,3  | Degen, Gerwien        | 1967 | 17.09. | Niestetal    |
|          |                       |      |        |              |
| 10000 m  |                       |      |        |              |
| 31:22,05 | Flügel, Julian        | 1986 | 28.09. | Liverpool/GB |
| 36:30,6  | Asare, Daniel         | 1974 | 24.09. | Niestetal    |
| 38:41,5  | Degen, Gerwien        | 1967 | 24.09. | Niestetal    |
| 40:31,13 | Gehrmann, Reinhard    | 1948 | 16.08. | Marburg      |
|          |                       |      |        |              |
| 10 km    |                       |      |        |              |
| 30:52    | Flügel, Julian        | 1986 | 13.09. | Karlsruhe    |
| 31:22    | Harland, Jörn         | 1981 | 02.08. | Berlin       |
| 31:40    | Jahn, Markus          | 1985 | 13.09. | Karlsruhe    |

|                   |  |      |        |              |
|-------------------|--|------|--------|--------------|
| 32:59             | Eberwein, Timm                                   | 1985 | 26.04. | Marburg      |
| 33:20             | Jahnke, Matthias                                 | 1972 | 26.04. | Marburg      |
| 34:14             | Wagner, Jürgen                                   | 1967 | 13.09. | Karlsruhe    |
| 34:34             | Dittrich, Kai-Uwe                                | 1967 | 26.04. | Marburg      |
| 34:53             | Heyser, Niklas                                   | 1989 | 28.12. | Frankfurt/M  |
| 35:50             | Dallmann, Peter                                  | 1966 | 06.09. | Hann.Münden  |
| 35:52             | Schmalz, Fred                                    | 1971 | 06.09. | Hann.-Münden |
| 35:59             | Flügel, Nico                                     | 1992 | 26.04. | Marburg      |
| 36:32             | Sutter, Christian                                | 1964 | 13.09. | Karlsruhe    |
| 36:53             | Kessler, Markus                                  | 1979 | 28.12. | Frankfurt/M  |
| 37:01             | Messerschmidt, Uwe                               | 1989 | 04.05. | Kassel       |
| 37:23             | Saur, Marcel                                     | 1991 | 26.04. | Marburg      |
| 37:53             | Scholtisyk, Sebastian                            | 1990 | 26.04. | Marburg      |
| 39:43             | Heyser, Nils                                     | 1992 | 26.04. | Marburg      |
| 40:23             | Lipphard, Kai                                    | 1971 | 04.05. | Kassel       |
| 40:30             | Werner, Norbert                                  | 1967 | 26.04. | Marburg      |
| 40:49             | Gehrmann,<br>Reinhardt                           | 1948 | 13.09. | Karlsruhe    |
| 41:11             | Degen, Gerwien                                   | 1967 | 06.09. | Hann.-Münden |
| 41:29             | Müller, Michael                                  | 1978 | 28.12. | Frankfurt/M  |
| 41:55             | Kropsch, Klaus                                   | 1944 | 26.04. | Marburg      |
| 42:14             | Wolf, Bernd                                      | 1971 | 04.05. | Kassel       |
| 42:16             | Pfaff, Andreas                                   | 1972 | 04.05. | Kassel       |
| 43:41             | Ari, Feyzi                                       | 1965 | 04.05. | Kassel       |
| 44:10             | Ebhardt, Wilfried                                | 1948 | 13.09. | Karlsruhe    |
| 44 12             | Schulhauser, Helmut                              | 1942 | 13.09. | Karlsruhe    |
| 45:03             | Hohmann, Theo                                    | 1941 | 04.05. | Kassel       |
| 45:20             | Mehrdich, Bernhard                               | 1960 | 04.05. | Kassel       |
| 48:29             | Tänzer, Dietrich                                 | 1944 | 26.04. | Marburg      |
| 56:15             | Sindram, Günther                                 | 1944 | 04.05. | Kassel       |
|                   |  |      |        |              |
| 10 Km Straße Team |  |      |        |              |
| 1:34:01           | Harland,<br>Flügel,J.Jahn,<br>Markus             |      | 13.09. | Karlsruhe    |
| 1:35:44           | Harland, Flügel,J.,<br>Jahn, Markus              |      | 26.04  | Marburg      |
| 1:40:53           | Eberwein, Jahnke,<br>Dittrich                    |      | 26.04. | Marburg      |
| 1:44:55 Junioren  | Flügel, J., Heyser,<br>Niklas, Scholtisyk,<br>S. |      | 26.04. | Marburg      |
| 1:45:21 M 40      | Wagner, J.,Dittrich,<br>Sutter, Christian        |      | 13.09. | Karlsruhe    |
| 1:45:23           | Flügel. N. Wagner,J.                             |      | 26.04. | Marburg      |

|                     |                                   |      |        |              |
|---------------------|-----------------------------------|------|--------|--------------|
|                     | Heyser, Niklas                    |      |        |              |
| 1:50:00 M 40/45     | Dittrich, Wagner, J.<br>Werner,N. |      | 26:04. | Marburg      |
| 1:53:04 MJB         | Flügel, N. Saur,<br>Heyser, Nico  |      | 26.04. | Marburg      |
| 2:08:15 M 60/65     | Gehrmann, Kropsch,<br>Schulhauser |      | 26.04. | Marburg      |
| 2:08:46             | Gehrmann, Kropsch,<br>Ebhardt     |      | 13.09. | Karlsruhe    |
| 2:20:25             | Hohmann, Ebhardt,<br>Tänzer       |      | 26.04  | Marburg      |
|                     |                                   |      |        |              |
| <b>Halbmarathon</b> |                                   |      |        |              |
| 1:07:59             | Harland, Jörn                     | 1981 | 06.04. | Calw         |
| 1:10:35             | Jahn, Markus                      | 1985 | 06.04  | Calw         |
| 1:11:31             | Flügel, Julian                    | 1986 | 06.04. | Calw         |
| 1:14:43             | Eberwein, Timm                    | 1985 | 06.04. | Calw         |
| 1:15:36             | Dr. Jahnke, Matthias              | 1972 | 01.06. | Kassel       |
| 1:16:35             | Thyssen, Thomas                   | 1985 | 24.08. | Egelsbach    |
| 1:16:52             | Wagner, Jürgen                    | 1967 | 24.08. | Egelsbach    |
| 1:16:59             | Dittrich, Kai-Uwe                 | 1967 | 22.03. | Paderborn    |
| 1:17:16             | Schmalz, Fred                     | 1971 | 22.03. | Paderborn    |
| 1:17:31             | Musick, Matthias                  | 1981 | 24.08  | Egelsbach    |
| 1:18:05             | Sutter, Christian                 | 1965 | 24.08  | Egelsbach    |
| 1:20:59             | Dr.Reidick, Thomas                | 1960 | 22.03  | Paderborn    |
| 1:23:39             | Pietzko, Winfried                 | 1960 | 06.09. | Hann.-Münden |
| 1:27:02             | Scholtysik, Sebastian             | 1990 | 01.06. | Kassel       |
| 1:27:30             | Lipphardt, Kai                    | 1972 | 01.06. | Kassel       |
| 1:27:42             | Behrendt, Christian               | 1982 | 01.06. | Kassel       |
| 1:27:42             | Knoff, Matthias                   | 1979 | 01.06. | Kassel       |
| 1:28:51             | Gehrmann,<br>Reinhardt            | 1948 | 24.08. | Egelsbach    |
| 1:29:55             | Zeuch, Willi                      | 1963 | 01.06. | Kassel       |
| 1:31:57             | Kahl, Wilfried                    | 1953 | 22.03. | Paderborn    |
| 1:34:55             | Basak, Halil                      | 1965 | 01.06. | Kassel       |
| 1:38:31             | Schulenburg, Frank                | 1964 | 22.03. | Paderborn    |
| 1:38:44             | Pfaff, Andreas                    | 1971 | 22.03. | Paderborn    |
| 1:40:28             | Ari, Feyzi                        | 1965 | 01.06. | Kassel       |
| 1:40:52             | Kropsch, Klaus                    | 1944 | 24.08. | Egelsbach    |
| 1:42:35             | Rahmlow, Klaus-<br>Peter          | 1957 | 24.08. | Egelsbach    |
| 1:42:54             | Ebhardt, Wilfried                 | 1948 | 24.08. | Egelsbach    |
| 1:44:30             | Boll, Friedrich                   | 1948 | 01.06. | Kassel       |
| 1:44:52             | Bandowski, Carsten                | 1965 | 01.06. | Kassel       |
| 1:48:16             | Taenzer, Dittrich                 | 1944 | 24.08  | Egelsbach    |

|                          |  |      |        |                  |
|--------------------------|--|------|--------|------------------|
| 1:49:30                  | Lang, Thomas   | 1963 | 01.06. | Kassel           |
| 1:49:36                  | Tendera, Roman   | 1963 | 12.10. | Bad Hersfeld     |
| 1:53:53                  | Schmidt, Michael   | 1942 | 12.10. | Bad Hersfeld     |
| 1:57:19                  | Klaus, Berndt  | 1943 | 12.10. | Bad Hersfeld     |
| 2:06:33                  | Hoffmann, Günther  | 1942 | 01.06. | Kassel           |
| 2:06:17                  | Sindram, Günther   | 1945 | 01.06. | Kassel           |
| 2:06:21                  | Hoppe, Wolfgang  | 1939 | 01.06. | Kassel           |
| 2:03:07                  | Albrecht, Bernd  | 1941 | 12.10. | Bad Hersfeld     |
| 2:08:55                  | Wöhleke, Uwe   | 1941 | 01.06. | Kassel           |
| 2:12:44                  | Bernhardt, Klaus   | 1952 | 01.06. | Kassel           |
|                          |  |      |        |                  |
| <b>Team Halbmarathon</b> |  |      |        |                  |
| 3:30:05                  | Harland, Jörn, Jahn, Markus; Flügel, Julian                |      | 06.04  | Calw             |
| 3:43:00                  | Harland, Jörn; Thyssen, Thomas; Wagner, Jürgen             |      | 24.08. | Egelsbach        |
| 3:45:14                  | Dittrich, Kai-Uwe; Schmalz, Fred; Dr. Reidick, Thomas      |      | 22.03. | Paderborn        |
| 3:53:39 M 40/45          | Wagner, Jürgen, Sutter, Christian, Dittrich, Kai-Uwe       |      | 24.08. | Egelsbach        |
| 3:54:14                  | Musick, Matthias, Sutter, Christian, Dittrich, Kai-Uwe     |      | 24.8.  | Egelsbach        |
| 4:40:30                  | Lipphardt, Kai; Schulenburg, Frank; Kahl, Wilfried         |      | 22.03. | <i>Paderborn</i> |
| 4:43:00                  | Gehrmann, Reinhardt, Pfaff, Andreas, Kropsch, Klaus        |      | 24.08. | <i>Egelsbach</i> |
| 4:52,37 M 60 u. älter    | Gehrmann, Reinhardt; Kropsch, Klaus; Ebhardt, Wilfried     |      | 24.08. | <i>Egelsbach</i> |
| 5:13:45                  | Rahmlow, Klaus-Peter, Ebhardt, Wilfried, Taenzer, Dietrich |      | 24.08. | <i>Egelsbach</i> |
|                          |  |      |        |                  |
| <b>Marathon</b>          |  |      |        |                  |
| 2:39:46                  | Schmalz, Fred  | 1972 | 27.09. | <i>Berlin</i>    |
| 2:42:24                  | Dittrich, Kai-Uwe  | 1967 | 27.09. | <i>Berlin</i>    |
| 2:43:46                  | Wagner, Jürgen   | 1967 | 27.09. | <i>Berlin</i>    |

|                  |  |      |         |                         |
|------------------|--|------|---------|-------------------------|
| 2:48:30          | Wesemüller, Jost                                       | 1963 | 26.10.  | Frankfurt/M             |
| 2:49:06          | Dr. Reidick, Thomas                                    | 1960 | 04.05.  | Mainz                   |
| 2:56:01          | Pietzko, Winfried                                      | 1960 | 27.09.  | Berlin                  |
| 2:57:34          | Weber, Thomas  | 1973 | 04.05.  | Mainz                   |
| 2:57:47          | Abdesselam, Djillali                                   | 1971 | 01.06.  | Kassel                  |
| 3:21:11          | Brüssler, Reiner                                       | 1966 | 29.11.  | Bad Arolsen             |
| 3:21:50          | Wiegand, Joachim                                       | 1970 | 12.10.  | München                 |
| 3:22:50          | Elster, Michael  | 1962 | 26.10.  | Frankfurt/M             |
| 3:28:22          | Wolff, Bernd   | 1972 | 01.06.  | Kassel                  |
| 3:28,41          | Hermes, Guido  | 1964 | 05.10.  | Köln                    |
| 3:29:03          | Nehrdich, Bernhard                                     | 1961 | 01.06.  | Kassel                  |
| 3:29:24          | Pfaff, Andreas   | 1971 | 26.10.  | Frankfurt/M             |
| 3:43:47          | Schmid, Alfons   | 1953 | 01.06.  | Kassel                  |
| 3:44:40          | Schulenburg, Frank                                     | 1964 | 27.04   | Hamburg                 |
| 3:46:02          | Pfaff, Andreas   | 1971 | 01.06.  | Kassel                  |
| 3:51:47          | von Nolting,<br>Sebastian                              | 1965 | 29.11.  | Bad Arolsen             |
| 3:53:41          | Bandowski, Carsten                                     | 1966 | 29.11.  | Bad Arolsen             |
| 3:53:51          | Lang, Thomas   | 1963 | 26.10.  | Frankfurt/M             |
| 3:57:33          | Schulenburg, Frank                                     | 1963 | 26.10.  | Frankfurt/M             |
| 3:58:48          | Iffert, Friedrich                                      | 1944 | 26.10.. | Frankfurt/M             |
| 4:06:22          | Ebert, Thorsten  | 1983 | 01.06.  | Kassel                  |
| 4:28:43          | Hoffmann, Günther                                      | 1942 | 26.10.  | Frankfurt/M             |
| 4:39:12          | Bernhardt, Klaus                                       | 1951 | 26.10.  | Frankfurt/M             |
| 4:56:13          | Thiele, Robert   | 1957 | 29.11.  | Bad Arolsen             |
| Marathon-Team    |  |      |         |                         |
| 8:05:56          | Schmalz, Fred;<br>Dittrich, Kai-Uwe;<br>Wagner, Jürgen |      | 27.09.  | Berlin                  |
|                  |  |      |         |                         |
|                  |  |      |         |                         |
| 50 km            |  |      |         |                         |
| 4:45:53          | Wolf, Bernd  | 1972 | 05.06   | Marburg                 |
| 4:58:39          | Iffert, Friedrich                                      | 1944 | 05.06.  | Marburg                 |
| 5:06:12          | Thiele Robert  | 1957 | 05.06.  | Marburg                 |
|                  |  |      |         |                         |
| 3000 m Hindernis |  |      |         |                         |
| 10:17,91         | Kessler, Markus  | 1979 | 28.08.  | Liverpool, GB           |
|                  |  |      |         |                         |
| 3 x 1000 m       |  |      |         |                         |
| 10:33,13         | Ebhardt, Gehrman,<br>Schulhauser                       |      |         | Bad Soden-<br>Neuenhain |
|                  |  |      |         |                         |
| Kugel            |  |      |         |                         |

|               |                     |      |        |                |
|---------------|---------------------|------|--------|----------------|
| 14,74         | Krah, Uwe           | 1964 | 28.06. | Altmorschen    |
| 8,23 M 75     | Hentze, Gerd        | 1930 | 10.06. | Melsungen      |
|               |                     |      |        |                |
| <b>Frauen</b> |                     |      |        |                |
|               |                     |      |        |                |
| Halle         |                     |      |        |                |
| 800 m         |                     |      |        |                |
| 2:37,48 W 40  | Seidel, Andrea      | 1967 | 26.01. | Hanau          |
|               |                     |      |        |                |
| 100 m         |                     |      |        |                |
| 12,76         | Höhre, Julia        | 1990 | 25.07  | Twistetal      |
| 14,88         | Bardenheuer, Astrid | 1960 | 18.05. | Kassel         |
|               |                     |      |        |                |
| 200 m         |                     |      |        |                |
| 26,42         | Höhre, Julia        | 1990 | 29.06. | Hofgeismar     |
| 29,3          | Kumpert, Christine  | 1987 | 23.09. | Paderborn      |
| 30,53         | Bardenheuer, Astrid | 1960 | 10.05. | Baunatal       |
|               |                     |      |        |                |
| 400 m         |                     |      |        |                |
| 59,76         | Höhre, Julia        | 1990 | 28.06  | Hofgeismar     |
|               |                     |      |        |                |
| 800 m         |                     |      |        |                |
| 2:17,27       | Hahner, Anna        | 1989 | 31.07. | Kassel         |
| 2:17,65       | Weber, Ellen        | 1981 | 02.07. | Pfungstadt     |
| 2:18,89       | Nadler, Dörte       | 1988 | 06.08. | Pfungstadt     |
| 2:22:02       | Hahner, Lisa        | 1989 | 29.06. | Hofgeismar     |
| 2:31,67       | Seidel, Andrea      | 1967 | 08.06. | Egelsbach      |
| 2:33,12       | Bardenheuer, Astrid | 1960 | 18.5.  | Kassel         |
|               |                     |      |        |                |
| 1000 m        |                     |      |        |                |
| 2:57,19       | Hahner, Anna        | 1989 | 11.07. | Menden         |
|               |                     |      |        |                |
| 1500 m        |                     |      |        |                |
| 4:38,13       | Hahner, Anna        | 1989 | 28.06. | Hofgeismar     |
| 4:41,10       | Weber, Ellen        | 1981 | 21.05  | Koblenz        |
| 4:45,41       | Hahner, Lisa        | 1989 | 28.06. | Hofgeismar     |
| 4:45,31       | Nadler, Dörte       | 1988 | 26.07. | Recklinghausen |
| 5:05,49       | Bardenheuer, Astrid | 1960 | 18.05. | Kassel         |
| 5:29,2        | Wöhleke, Monika     | 1957 | 04.09. | Niestetal      |
| 5:54,2        | Kumpert, Christine  | 1987 | 23.09. | Paderborn      |
| 6:18,6        | Wagner, Jutta       | 1962 | 04.09. | Niestetal      |
|               |                     |      |        |                |
| 3000m         |                     |      |        |                |

|              |                     |      |        |                |
|--------------|---------------------|------|--------|----------------|
| 9:43,17      | Hahner, Anna        | 1989 | 20.07. | Berlin         |
| 9:56,35      | Hahner, Elisa       | 1989 | 14.06. | Schweinfurt    |
| 10:10,33     | Nadler, Dörte       | 1988 | 11.07  | Menden         |
| 10:20,16     | Weber, Ellen        | 1981 | 23.07. | Osterode       |
| 10:36,75     | Struschka, Steffi   | 1977 | 03.06. | Wiesbaden      |
|              |                     |      |        |                |
| 5000m        |                     |      |        |                |
| 16:51,55     | Hahner, Anna        | 1989 | 26.07. | Recklinghausen |
| 17:14,60     | Hahner, Elisa       | 1989 | 21.05. | Koblenz        |
| 17:36,7      | Nadler, Dörte       | 1988 | 18.04  | Hofgeismar     |
| 18:07,38     | Struschka, Stefanie | 1977 | 28.06. | Kevelar        |
| 18:30,62     | Weber, Ellen        | 1981 | 18.04. | Hofgeismar     |
| 18:38,0      | Arndt, Kathrin      | 1981 | 17.09. | Niestetal      |
| 18:54,2      | Bardenheuer, Astrid | 1960 | 17.09. | Niestetal      |
| 19:33,2      | Wöhleke, Monika     | 1957 | 17.09. | Niestetal      |
| 20:50,7      | Vanvlodorp, Anja    | 1987 | 17.09. | Niestetal      |
|              |                     |      |        |                |
| 10000 m      |                     |      |        |                |
| 39:04,3      | Bardenheuer, Astrid | 1960 | 24.09. | Niestetal      |
| 41:03,44     | Wöhleke, Monika     | 1957 | 16.08. | Marburg        |
| 41:23,41     | Bardenheuer, Astrid | 1960 | 16.08. | Marburg        |
|              |                     |      |        |                |
|              |                     |      |        |                |
| 10 km Straße |                     |      |        |                |
| 36:13        | Wiesmair, Stefanie  | 1980 | 13.09. | Karlsruhe      |
| 36:42        | Hahner, Lisa        | 1989 | 28.12. | Frankfurt/M    |
| 37:00        | Hahner, Anna        | 1989 | 13.09. | Karlsruhe      |
| 38:11        | Struschka, Stefanie | 1977 | 26.04  | Marburg        |
| 38:27        | Weber, Ellen        | 1981 | 30.03  | Frankenberg    |
| 39:00        | Nadler, Dörte       | 1988 | 13.09. | Karlsruhe      |
| 39:07        | Arndt, Katrin       | 1986 | 13.09. | Karlsruhe      |
| 40:11        | Bardenheuer, Astrid | 1960 | 13.09  | Karlsruhe      |
| 40:24        | Wöhleke, Monika     | 1957 | 14.06. | Neustadt       |
| 45:08        | Wagner, Jutta       | 1962 | 13.09. | Karlsruhe      |
| 45:41        | Vanvlodorp, Anja    | 1987 | 13.09. | Karlsruhe      |
| 48:11        | Kumpert, Christine  | 1986 | 22.03  | Paderborn      |
| 49:55        | Koch, Dorothee      | 1979 | 12.10. | Bad Hersfeld   |
|              |                     |      |        |                |
| Weitsprung   |                     |      |        |                |
| 4,96         | Höhre, Julia        | 1990 | 25.07. | Twistetal      |
| 4,31         | Kleser, Franziska   | 1994 | 05.07. | Vellmar        |
| 4,30         | Kumpert, Christine  | 1987 | 23.09. | Paderborn      |
|              |                     |      |        |                |

|                       |   |      |        |              |
|-----------------------|---|------|--------|--------------|
|                       |   |      |        |              |
|                       |   |      |        |              |
| 10 km Straße Team     |   |      |        |              |
| 1:50:23               | Wiesmair, Hahner,<br>Anna<br>Hahner, Lisa |      | 13.09. | Karlsruhe    |
| 1:52:30               | Wiesmair,<br>Hahner,A.,<br>Hahner,L.      |      | 26.04. | Marburg      |
| 1:53:10               | Hahner, A., Hahner,<br>L. Nadler, Dörte   |      | 13.09. | Karlsruhe    |
| 1:54:43 Juniorinnen   | Hahner, A.,<br>Hahner,L, Nadler.D.        |      | 26.04. | Marburg      |
| 1:56:44               | Weber, Nadler,<br>Arndt                   |      | 13.09. | Karlsruhe    |
| 1:58:12               | Struschka, Nadler,<br>Bardenheuer         |      | 26.04. | Marburg      |
| 2:06:07 W 45 u. älter | Bardenheuer,<br>Wöhleke, Wagner, J.       |      | 13.09. | Karlsruhe    |
|                       |   |      |        |              |
| Halbmarathon          |   |      |        |              |
| 1:19:57               | Wiesmair, Stefanie                        | 1980 | 06.04. | Calw         |
| 1:24:19               | Menne, Hannah                             | 1988 | 24.08. | Egelsbach    |
| 1:31:04               | Arndt, Katrin                             | 1986 | 24.08. | Egelsbach    |
| 1:44:35               | Seidel, Andrea                            | 1967 | 01.06. | Kassel       |
| 1:46:07               | Rosenhahn, Martha                         | 1967 | 12.10. | Bad Hersfeld |
| 2:02:30               | Körschgen, Angela                         | 1965 | 01.06. | Kassel       |
| 2:08:50               | Bachmann, Martina                         | 1962 | 01.06. | Kassel       |
| 2:19:40               | Grimm, Julia                              | 1989 | 01.06. | Kassel       |
| 2:19:50               | Eck, Anna                                 | 1988 | 01.06. | Kassel       |
| 2:31:30               | Körschgen, Concetta                       | 1964 | 01.06. | Kassel       |
|                       |   |      |        |              |
| Marathon              |   |      |        |              |
| 3:14:47               | Wiesmair, Stefanie                        | 1980 | 18.05. | Rennsteig    |
| 3:51:59               | Gutierrez, Claudia<br>Erika               | 1973 | 01.06. | Kassel       |
| 4:05:57               | Körschgen, Angela                         | 1965 | 26.10. | Frankfurt/M  |
| 4:16:32               | Rosenhahn, Martha                         | 1965 | 01.06. | Kassel       |
| 4:39:22               | Evers, Iris                               | 1955 | 01.06. | Kassel       |
| 5:07:19               | Bunk, Heide                               | 1962 | 01.06. | Kassel       |