

Bestenliste

10km

Frauen

Inga Ruhl	W30	35:24 (2007)
Silke Pingpank	WHK	35:32 (1995)
Bianca Köhler	WHK	36:16 (1998)
Kerstin Brünig	WHK	36:46 (1998)
Dorothea Lenk	WHK	39:55 (2008)
Anja Schumann	W30	40:01 (2007)
Sylvia Kuhlenkamp	W45	40:57 (2007)
Angelika Asche	W50	41:23 (2004)
Sarah Geffers	WHK	41:31 (2005)
Monika Merz	W40	41:51 (2007)
Janin Sigmundzik	WJB	42:07 (2005)

Anke Kelm	W40	43:07 (2007)
Nadine Nettelmann	WHK	43:39 (1998)
Noreen Vörg	W30	43:50 (2007)
Gesa Engelbracht	W35	44:07 (2008)
Silke Jessen	WHK	44:17 (2008)
Claudia Bührke	W45	44:43 (2005)
Sandra Heintzky	W35	44:51 (2007)
Iris Bartels	W35	45:13 (2008)
Christa Schröder	W50	45:40 (2006)
Finja Albrecht	WJA	45:56 (2008)
Sabine Wirth	WHK	46:05 (2006)

Britta Pingpank	W40	46:37 (2008)
Sabine Kersten	W45	46:46 (2008)
Andrea Wildhagen	W40	47:19 (2007)
Claudia Hampel	W35	47:27 (2007)
Bettina Cordts	W40	47:29 (2008)
Myriam Maerlender-Paß	W35	47:55 (2007)
Heike Mausund	W35	48:25 (2005)
Ulla Münzer	W50	48:27 (2008)
Ursula Meitz	W40	48:41 (2008)
Dagmar Ruhl	W40	49:24 (2008)
Melanie Verfürth	W30	49:56 (2006)

Männer

Dirk Schwarzbach	MHK	30:23 (2005)
Florian Reichert	MHK	31:12 (2005)
Hannes Bergmann	MHK	32:18 (2007)
Max Bergmann	MHK	32:58 (2005)
Ulf Narloch	MHK	33:28 (2003)
Yarim Benne	MHK	33:45 (2003)
Daniel Ulbrich	MHK	34:17 (2007)
Benjamin Grüne	MHK	34:33 (2003)

M30

Christian Giesler	M30	32:55 (2007)
Arne Westphal	M30	34:17 (2008)
Eike Steinmann	M30	34:38 (2008)
Stefan Kulick	M30	39:32 (2008)
Fausto Catoni	M30	41:16 (2006)
Carsten Eickhoff	M30	42:01 (2006)
Andreas Gatz	M30	43:53 (2006)
Ingmar Malaske	M30	44:18 (2005)

M35

Thomas Bartholome	M35	31:07 (2007)
Frank Colsmann	M35	34:05 (2005)

Jens Grothe	M35	34:46 (2005)
Mirko Henning	M35	36:17 (2007)
Jan Roehl	M35	38:47 (2007)
Carsten Kupferberg	M35	40:25 (2005)
Marco Wipperfürth	M35	40:42 (2008)
Mario Kiehl	M35	41:38 (2006)
Lehmann, Stephan	M35	42:13 (2008)
Jan Roehl	M35	42:43 (2006)
Carsten Eickhoff	M35	43:08 (2007)
Axel Bieber	M35	43:49 (2006)
Eduard Reimer	M35	44:14 (2008)
Wolfgang Schulz	M35	44:18 (2007)
Jens Pludra	M35	44:22 (2007)
Tobias Kerber	M35	44:33 (2007)

M40

Frank Colsmann	M40	33:18 (2007)
Matthias Finn	M40	34:44 (2007)
Torsten Endres	M40	36:18 (2007)
Jörg Schlatterer	M40	37:01 (2001)
Volker Krell	M40	38:53 (2008)
Carsten Fuhrmann	M40	39:06 (2007)
Olaf Friedrichs	M40	39:37 (2006)
Dirk Bauermeister	M40	40:19 (2008)
Knut Engelbracht	M40	41:34 (2007)
Thomas Rogalla	M40	41:34 (2007)
Wolfgang Schulz	M40	42:07 (2008)
Thomas Linnenkohl	M40	42:12 (2007)
Thomas Bross	M40	42:44 (2006)
Frank Stephani	M40	42:51 (2006)
Thorsten Wölke	M40	43:02 (2006)
Thomas Rode	M40	43:02 (2007)
Thomas Kersten	M40	43:04 (2006)
Christoph Bach	M40	43:04 (2007)
Klaus Hawellek	M40	43:38 (2006)
Mario Kiehl	M40	43:47 (2007)
Hajo Lindner	M40	44:03 (2007)
Roland Bültemann	M40	44:05 (2006)
Jens Matthes	M40	44:16 (2007)

M45

Uwe Cordts	M45	37:03 (2008)
Jürgen Bultmann	M45	37:58 (2007)
Ernst Wildhagen	M45	38:33 (2007)
Wolfgang Bock	M45	38:46 (2008)
Peter Müller	M45	39:18 (2007)
Klaus Ulbrich	M45	39:31 (2006)
Olaf Jensen	M45	39:56 (2007)
Reinald Maletzka	M45	40:44 (2005)
Jörg Schlatterer	M45	40:56 (2007)
Fredy Meitz	M45	42:44 (2008)
Holger Müller	M45	42:44 (2008)
Detlef Seeska	M45	43:17 (2006)
Thomas Kersten	M45	43:52 (2007)
Thomas Bross	M45	43:54 (2008)

M50

Edgar Diener	M50	37:24 (2007)
Manfred Schulz	M50	38:17 (2007)
Volker Bergmann	M50	38:20 (2007)
Veit Wille	M50	40:10 (2006)
Reinald Maletzka	M50	41:13 (2008)
Kay Andresen	M50	42:14 (2006)
Thomas Kersten	M50	42:29 (2008)
Norbert Fettback	M50	42:38 (2007)

Frank Baumgart	M50	42:39 (2007)
Reiner Kramer	M50	43:22 (2005)
Günter Mundil	M50	43:40 (2006)
Heinz Hellwig	M50	44:05 (2005)

M55

Manfred Schulz	M55	37:18 (2008)
Siegfried Krolikowski	M55	39:28 (2003)
Veit Wille	M55	40:46 (2007)
Volker Schreibmüller	M55	41:40 (2006)
Frank Baumgart	M55	41:44 (2008)
Norbert Fettback	M55	42:29 (2008)
Wilfried Matlachowski	M55	42:34 (2007)
Friedo Weh	M55	44:17 (2006)

M60 und älter

Siegfried Krolikowski	M60	39:36 (2005)
Erhard Plaschke	M65	44:07 (2006)
Karl Heinz Rehbein	M60	44:57 (2007)
Rudolf Kanzok	M60	46:15 (2005)

5000m

Frauen

Silke Pingpank	WHK	17:24 (1995)
Inga Ruhl	W30	17:27 (2007)
Bianca Köhler	WHK	17:49 (1998)
Kerstin Brünig	WHK	17:50 (1998)
Dorothea Lenk	WHK	19:09 (2008)
Nadine Nettelmann	WHK	19:33 (1998)
Angelika Asche	W55	20:34 (2007)
Monika Merz	W40	20:44 (2008)
Anke Kelm	W40	21:08 (2008)
Iris Peterson Giesler	W30	21:14 (2008)

Gesa Engelbracht	W40	21:23 (2008)
Iris Bartels	W35	21:29 (2008)
Finja Albrecht	WJA	21:52 (2008)
Christa Schröder	W50	21:57 (1998)
Claudia Hampel	W40	22:31 (2008)
Ulla Münzer	W55	22:47 (2008)
Uschi Meitz	W40	23:02 (2008)
Dagmar Ruhl	W40	24:44 (2008)
Ute Wolters	W45	24:44 (2008)

Schüler

Yannick Reihls	M12	19:00 (2008)
Sven Gehrke	M14	19:07 (2008)
Henrik Reeh	M13	19:39 (2008)
Fabian Koschoreck	M15	19:49 (2008)
Lukas Bauermeister	M13	21:28 (2008)
Paul Reiche	M13	21:33 (2008)

Jugend

Tim Krolikowski	MJA	18:56 (2008)
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Männer

Dirk Schwarzbach	MHK	14:34 (2005)
Florian Reichert	MHK	14:51 (2006)
Hannes Bergmann	MHK	14:59 (2008)
Max Bergmann	MHK	15:23 (2008)
Daniel Ulbrich	MHK	16:08 (2008)
Ulf Narloch	MHK	16:26 (2001)
Benjamin Grüne	MHK	16:56 (2004)

M30/35

Thomas Bartholome	M35	15:43 (2007)
Christian Giesler	M30	15:54 (2008)
Arne Westphal	M30	16:43 (2008)
Eike Steinmann	M30	17:27 (2008)
Jens Grothe	M35	18:30 (2008)
Oliver Heilmann	M35	19:25 (2008)
Carsten Eickhoff	M35	20:13 (2008)
Stefan Kulick	M30	21:52 (2008)
Jens Stromeier	M35	22:50 (2008)

M40/45

Matthias Finn	M40	16:37 (2007)
Jörg Schlatterer	M40	17:19 (2001)
Uwe Cordts	M45	17:52 (2008)
Volker Krell	M40	18:36 (2008)
Wolfgang Bock	M45	19:00 (2007)
Dirk Bauermeister	M40	19:09 (2008)
Olaf Jensen	M45	19:18 (2008)
Wolfgang Schulz	M40	19:29 (2008)
Holger Müller	M45	20:31 (2008)
Fredy Meitz	M45	20:59 (2008)
Eduard Reimer	M40	21:33 (2008)
Matthias Niestroj	M45	22:28 (2008)

M50

Manfred Schulz	M55	17:47 (2008)
Edgar Diener	M50	17:55 (2007)
Volker Bergmann	M50	18:45 (2007)
Siegfried Krolikowski	M55	19:51 (2003)
Reinald Maletzka	M50	19:54 (2008)
Frank Baumgart	M55	20:00 (2008)
Norbert Fettback	M55	20:07 (2008)
Thomas Kersten	M50	20:27 (2008)
Volker Schreibmüller	M50	20:59 (2005)
Andreas Seefeld	M50	21:35 (2008)

M60 und älter

Siegfried Krolikowski	M60	19:36 (2005)
Erhard Plaschke	M65	20:58 (2006)

- **Athleten die von Markus Pingpank trainiert werden & wurden/ Stand 27.12.2008**
- **Korrekturen bitte an info@pingpank.de**