

# Ewige Bestenliste

## 10km

### Frauen und AK

Inga Ruhl	W30	35:24 (2007)
Silke Pingpank	WHK	35:32 (1995)
Bianca Köhler	WHK	36:16 (1998)
Kerstin Brünig	WHK	36:46 (1998)
<b>Vera Klages</b>	<b>W30</b>	<b>38:27 (2009)</b>
<b>Dorothea Lenk</b>	<b>WHK</b>	<b>39:18 (2009)</b>
Anja Schumann	W30	40:01 (2007)
Sylvia Kuhlenkamp	W45	40:57 (2007)
Angelika Asche	W50	41:23 (2004)
<b>Silke Jessen</b>	<b>W30</b>	<b>41:26 (2009)</b>
Sarah Geffers	WHK	41:31 (2005)
Monika Merz	W40	41:51 (2007)
Janin Sigmundzik	WJB	42:07 (2005)
Anke Kelm	W40	43:07 (2007)
<b>Iris Bartels</b>	<b>W35</b>	<b>43:22 (2009)</b>
Nadine Nettelmann	WHK	43:39 (1998)
Noreen Vörg	W30	43:50 (2007)
Gesa Engelbracht	W35	44:07 (2008)
Claudia Bührke	W45	44:43 (2005)
Sandra Heintzky	W35	44:51 (2007)
Christa Schröder	W50	45:40 (2006)
<b>Dagmar Ruhl</b>	<b>W40</b>	<b>45:42 (2009)</b>
<b>Sabine Kersten</b>	<b>W45</b>	<b>45:44 (2009)</b>
<b>Finja Albrecht</b>	<b>WJA</b>	<b>45:53 (2009)</b>
Maike Kaschorek	W40	45:59 (2008)
<b>Claudia Hampel</b>	<b>W40</b>	<b>46:01 (2009)</b>
Sabine Wirth	WHK	46:05 (2006)
Britta Pingpank	W40	46:37 (2008)
Andrea Wildhagen	W40	47:19 (2007)
Bettina Cordts	W40	47:29 (2008)
Myriam Maerlender-Paß	W35	47:55 /2007)
<b>Ulla Münzer</b>	<b>W50</b>	<b>48:10 (2009)</b>
Heike Mausund	W35	48:25 (2005)
<b>Ute Wolters</b>	<b>W45</b>	<b>48:32 (2009)</b>
Ursula Meitz	W40	48:41 (2008)
<b>Manuela Rückriem</b>	<b>W50</b>	<b>48:43 (2009)</b>
Melanie Verfürth	W30	49:56 (2006)
<b>Marion Tschertner</b>	<b>W40</b>	<b>49:56 (2009)</b>

### Jugend

Dirk Schwarzbach	MJA	32:22 (2000)
Florian Reichert	MJA	32:37 (2001)
Ulf Narloch	MJA	34:44 (2000)
<b>Fabian Koschoreck</b>	<b>MJB</b>	<b>37:14 (2009)</b>

### Männer

Dirk Schwarzbach	MHK	30:23 (2005)
<b>Florian Reichert</b>	<b>MHK</b>	<b>30:50 (2009)</b>

Hannes Bergmann	MHK	32:18 (2007)
Max Bergmann	MHK	32:58 (2005)
Ulf Narloch	MHK	33:28 (2003)
Yarim Benne	MHK	33:45 (2003)
<b>Daniel Ulbrich</b>	<b>MHK</b>	<b>33:58 (2009)</b>
<b>Joost Asche</b>	<b>MHK</b>	<b>34:29 (2009)</b>
Benjamin Grüne	MHK	34:33 (2003)
<b>Frek Schenker</b>	<b>MHK</b>	<b>35:04 (2009)</b>

### M30

<b>Christian Giesler</b>	<b>M30</b>	<b>32:53 (2009)</b>
<b>Eike Steinmann</b>	<b>M30</b>	<b>33:41 (2009)</b>
Arne Westphal	M30	34:17 (2008)
<b>Stefan Kulick</b>	<b>M30</b>	<b>38:01 (2009)</b>
Fausto Catoni	M30	41:16 (2006)
Carsten Eickhoff	M30	42:01 (2006)
Andreas Gatz	M30	43:53 (2006)
Ingmar Malaske	M30	44:18 (2005)
<b>Christian Hedrich</b>	<b>M30</b>	<b>44:34 (2009)</b>

### M35

Thomas Bartholome	M35	31:07 (2007)
Frank Colsmann	M35	34:05 (2005)
Jens Grothe	M35	34:46 (2005)
<b>Marco Ronkel</b>	<b>M35</b>	<b>36:04 (2009)</b>
Mirko Henning	M35	36:17 (2007)
Jan Roehl	M35	38:47 (2007)
<b>Thilo Winkler</b>	<b>M35</b>	<b>39:09 (2009)</b>
<b>Marco Wipperfurth</b>	<b>M35</b>	<b>39:41 (2009)</b>
Carsten Kupferberg	M35	40:25 (2005)
Mario Kiehl	M35	41:38 (2006)

Lehmann, Stephan	M35	42:13 (2008)
Jan Roehl	M35	42:43 (2006)
<b>Eduard Reimer</b>	<b>M35</b>	<b>42:47 (2009)</b>
Carsten Eickhoff	M35	43:08 (2007)
Axel Bieber	M35	43:49 (2006)
Wolfgang Schulz	M35	44:18 (2007)
Jens Pludra	M35	44:22 (2007)
Tobias Kerber	M35	44:33 (2007)
<b>Jens Stromeier</b>	<b>M35</b>	<b>44:43 (2009)</b>

### 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)
<b>Torsten Schrell</b>	<b>M40</b>	<b>37:14 (2009)</b>
<b>Volker Krell</b>	<b>M40</b>	<b>38:23 (2009)</b>
Carsten Fuhrmann	M40	39:06 (2007)
Olaf Friedrichs	M40	39:37 (2006)
Marc Wilke	M40	40:13 (2009)
Dirk Bauermeister	M40	40:19 (2008)

Knut Engelbracht	M40	41:34 (2007)
Thomas Rogalla	M40	41:34 (2007)
<b>Carsten Grobe</b>	<b>M40</b>	<b>41:38 (2009)</b>
<b>Christoph Bach</b>	<b>M40</b>	<b>41:40 (2009)</b>

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)
<b>Stefan Schulz</b>	<b>M40</b>	<b>43:09 (2009)</b>

Klaus Hawellek	M40	43:38 (2006)
Mario Kiehl	M40	43:47 (2007)
<b>Thomas Kumrow</b>	<b>M40</b>	<b>43:54 (2009)</b>
Hajo Lindner	M40	44:03 (2007)
Roland Bültemann	M40	44:05 (2006)
Jens Matthes	M40	44:16 (2007)
<b>Hartmut Bohnsack</b>	<b>M40</b>	<b>44:33 (2009)</b>

## M45

<b>Uwe Cordts</b>	<b>M45</b>	<b>35:47 (2009)</b>
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)
<b>Olaf Friedrichs</b>	<b>M45</b>	<b>39:36 (2009)</b>
Olaf Jensen	M45	39:56 (2007)
Reinald Maletzka	M45	40:44 (2005)
Jörg Schlatterer	M45	40:56 (2007)

<b>Holger Müller</b>	<b>M45</b>	<b>41:07 (2009)</b>
<b>Thomas Bross</b>	<b>M45</b>	<b>41:28 (2009)</b>
Fredy Meitz	M45	42:44 (2008)
Thomas Kersten	M45	43:04 (2006)
Detlef Seeska	M45	43:17 (2006)

## 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)
<b>Reinald Maletzka</b>	<b>M50</b>	<b>41:06 (2009)</b>
<b>Thomas Kersten</b>	<b>M50</b>	<b>42:01 (2009)</b>
Kay Andresen	M50	42:14 (2006)
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 Krolkowski	M55	39:28 (2003)
<b>Detlef Oppermann</b>	<b>M55</b>	<b>40:05 (2009)</b>
Veit Wille	M55	40:46 (2007)
Volker Schreibmüller	M55	41:40 (2006)
Frank Baumgart	M55	41:44 (2008)
<b>Norbert Fettback</b>	<b>M55</b>	<b>42:13 (2009)</b>
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

### Schülerinnen

<b>Rieke Bastek</b>	<b>W12</b>	<b>23:11 (2009)</b>
<b>Linda Bastek</b>	<b>W14</b>	<b>23:29 (2009)</b>
<b>Sonja Bastek</b>	<b>W15</b>	<b>24:05 (2009)</b>

### 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)
<b>Dorothea Lenk</b>	<b>WHK</b>	<b>18:41 (2009)</b>
<b>Vera Klages</b>	<b>W30</b>	<b>19:13 (2009)</b>
Nadine Nettelmann	WHK	19:33 (1998)
<b>Silke Jessen</b>	<b>W30</b>	<b>20:30 (2009)</b>
Angelika Asche	W55	20:34 (2007)
Monika Merz	W40	20:44 (2008)

Anke Kelm	W40	21:08 (2008)
<b>Iris Bartels</b>	<b>W35</b>	<b>21:11 (2009)</b>
Iris Peterson Giesler	W30	21:14 (2008)
Gesa Engelbracht	W40	21:23 (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

<b>Yannick Reihs</b>	<b>M13</b>	<b>18:30 (2009)</b>
<b>Lucas Grunz</b>	<b>M14</b>	<b>18:32 (2009)</b>
Sven Gehrke	M14	19:07 (2008)
Henrik Reeh	M13	19:39 (2008)
Fabian Koschoreck	M15	19:49 (2008)
<b>Fynn Schwerdtner</b>	<b>M13</b>	<b>20:33 (2009)</b>
Lukas Bauermeister	M13	21:28 (2008)
Paul Reiche	M13	21:33 (2008)

### Jugend

Dirk Schwarzbach	MJA	15:28 (1999)
Florian Reichert	MJA	15:49 (2001)
Ulf Narloch	MJA	16:01 (2000)
<b>Fabian Koschoreck</b>	<b>MJB</b>	<b>17:04 (2009)</b>
Tim Krolikowski	MJA	18:56 (2008)

### Männer

Dirk Schwarzbach	MHK	14:34 (2005)
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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)
<b>Arne Westphal</b>	<b>M30</b>	<b>16:40 (2009)</b>
Eike Steinmann	M30	17:27 (2008)
<b>Marco Ronkel</b>	<b>M35</b>	<b>17:57 (2009)</b>
<b>Stefan Kulick</b>	<b>M30</b>	<b>18:12 (2009)</b>
Jens Grothe	M35	18:30 (2008)
<b>Thilo Winkler</b>	<b>M35</b>	<b>18:42 (2009)</b>
Oliver Heilmann	M35	19:25 (2008)
Carsten Eickhoff	M35	20:13 (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)
<b>Patrick Wende</b>	<b>M40</b>	<b>18:12 (2009)</b>
<b>Volker Krell</b>	<b>M40</b>	<b>18:27 (2009)</b>
Wolfgang Bock	M45	19:00 (2007)
Dirk Bauermeister	M40	19:09 (2008)
Olaf Jensen	M45	19:18 (2008)
<b>Carsten Grobe</b>	<b>M40</b>	<b>19:23 (2009)</b>
Wolfgang Schulz	M40	19:29 (2008)
<b>Holger Müller</b>	<b>M45</b>	<b>20:15 (2009)</b>
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)
<b>Detlef Oppermann</b>	<b>M55</b>	<b>19:46 (2009)</b>
Frank Baumgart	M55	20:00 (2008)
Norbert Fettback	M55	20:07 (2008)
<b>Thomas Kersten</b>	<b>M50</b>	<b>20:27 (2009)</b>
Volker Schreibmüller	M50	20:59 (2005)
Andreas Seefeld	M50	21:35 (2008)
<b>Rolf Diener</b>	<b>M50</b>	<b>23:16 (2009)</b>

### M60 und älter

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

- **Athleten die von Markus Pingpank trainiert werden & wurden/ Stand 8.1.2010**
- **Korrekturen bitte an [info@pingpank.de](mailto:info@pingpank.de)**