

## Ewige Bestenliste

### Marathon

Inga Ruhl	W30	2:48:01 (2007)
Silke Pingpank	WHK	2:55:41 (1992)
Krissy Scheyhing	W30	3:11:10 (2010)
<b>Gabi Schulte</b>	<b>W45</b>	<b>3:12:28 (2011)</b>
Monika Merz	W40	3:17:42 (2008)
Silke Jessen	WHK	3:19:31 (2010)
Anja Schumann	W30	3:23:15 (2006)
Anke Kelm	W40	3:27:35 (2008)
Hannelore Lyda	W50	3:27:35 (2009)
Ilona Göing	W45	3:32:55 (2006)
Petra Emmermann	W45	3:34:11 (2009)
Maike Kaschorek	W40	3:38:45 (2008)
Iris Bartels	W35	3:41:52 (2009)
Gaby Schulte	W45	3:46:49 (2009)
Gesa Engelbracht	W35	3:49:24 (2006)
Ulla Münzer	W50	3:50:05 (2006)
Claudia Hampel	W40	3:51:05 (2006)
Astrid Körner	W30	3:51:21 (2009)
<b>Vanessa v.d. Heyde</b>	<b>W30</b>	<b>3:55:38 (2011)</b>
Heike Jünemann	W35	3:56:23 (2005)
Karin Fluchtman	W35	3:57:42 (2009)
<b>Marion Tschertner</b>	<b>W45</b>	<b>3:58:26 (2011)</b>
<b>Sabine Kersten</b>	<b>W45</b>	<b>3:59:09 (2011)</b>
Heide Schöpf	W40	4:02:35 (2010)
Christina Schostock	W40	4:07:45 (2006)
Manuela Rückriem	W50	4:07:53 (2010)
<b>Izabella Blatt</b>	<b>W35</b>	<b>4:09:00 (2011)</b>
<b>Reinhild Muschter</b>	<b>W50</b>	<b>4:09:10 (2011)</b>
Petra Heise	W40	4:10:01 (2006)
Heike Mausund	W40	4:10:13 (2007)
Heike Krause	W45	4:11:05 (2009)
Doris Weihe	W50	4:13:19 (2010)
<b>Maria Matheis-Schönhofer</b>	<b>W50</b>	<b>4:14:16 (2011)</b>
Birgitt Haubenreisser	W45	4:14:40 (2006)
Iris Wanner	W35	4:16:12 (2005)
Dagmar Ruhl	W40	4:16:39 (2009)
Anke Pfersich	W40	4:16:41 (2006)
Kathrin Bergholz	W40	4:17:31 (2006)
<b>Martina Niederlag</b>	<b>W50</b>	<b>4:18:47 (2011)</b>

### Frauen und AK

### Männer

Dirk Schwarzbach	MHK	2:23:57 (2006)
Yarim Benne	MHK	3:03:14 (2006)
Christian Jache	MHK	3:21:15 (2010)
Marcel Prisille	MHK	3:27:08 (2007)
<b>Michael Arnold</b>	<b>MHK</b>	<b>3:28:10 (2011)</b>
Jamin Schiffmann	MHK	3:29:50 (2007)

### M30/35

Thomas Bartholome	M35	2:32:11 (2006)
Arne Westphal	M30	2:43:58 (2010)
Eike Steinmann	M30	2:50:29 (2008)
Mirko Henning	M35	2:53:10 (2010)
Jens Grothe	M35	2:57:59 (2009)
<b>Frerik Schenker</b>	<b>M30</b>	<b>2:59:36 (2011)</b>
Carsten Kupferberg	M35	3:02:44 (2006)
Yarim Benne	M30	3:07:50 (2007)
Rene Weilert	M35	3:09:04 (2007)
Lars Westphal	M30	3:10:51 (2010)

Stefan Kulick	M30	3:15:14 (2010)
Jens Pludra	M35	3:17:22 (2007)
Marco Wipperfürth	M35	3:26:30 (2009)
Mario Kiehl	M35	3:27:14 (2006)
Frank Flammer	M35	3:29:16 (2005)
Frank Harder	M35	3:31:05 (2007)
Carsten Eickhoff	M30	3:32:55 (2008)
Stephan Lehmann	M35	3:28:53 (2008)
Ingmar Malaske	M35	3:43:00 (2006)
Eduard Reimer	M35	3:43:02 (2009)
Wolfgang Schulz	M35	3:43:08 (2007)
Stefan Wenning	M35	3:45:13 (2009)
Kai Röblitz	M35	3:45:17 (2006)

#### M40/45

Patrick Wende	M40	2:55:17 (2010)
Jörg Schlatterer	M40	2:58:07 (2001)
Michael Kordys	M45	2:58:50 (2009)
Olaf Friedrichs	M45	2:59:24 (2009)
Carsten Fuhrmann	M40	3:06:02 (2007)
Volker Krell	M45	3:09:01 (2010)
Wolfgang Bock	M45	3:09:08 (2007)
Jürgen Bultmann	M45	3:14:32 (2007)
Knut Engelbracht	M40	3:16:09 (2007)
Frank Richter	M45	3:18:35 (2010)
Holger Müller	M45	3:20:29 (2008)
Michael Tessmann	M45	3:21:15 (2009)
Reinald Maletzka	M45	3:23:07 (2006)
Mario Kiehl	M40	3:23:28 (2008)
Olaf Jensen	M40	3:23:58 (2006)
Thomas Bross	M45	3:27:58 (2008)
Peter Müller	M45	3:28:17 (2007)
Thomas Klingsporn	M45	3:29:24 (2009)
<b>Carsten Fleisch</b>	<b>M40</b>	<b>3:29:26 (2011)</b>
Christoph Bach	M40	3:29:28 (2009)
Frank Stephani	M40	3:30:27 (2006)
Carsten Grobe	M40	3:31:27 (2010)
<b>Stefan Wenning</b>	<b>M40</b>	<b>3:34:29 (2011)</b>
Frank Stümpel	M45	3:36:26 (2007)
Klaus Hawellek	M40	3:37:13 (2006)
Thomas Rode	M40	3:38:53 (2008)
Roland Bültemann	M40	3:39:45 (2006)
Wolfgang Möller	M40	3:42:24 (2005)
Thorsten Wölke	M40	3:42:28 (2006)
<b>Hajo Lindner</b>	<b>M40</b>	<b>3:43:20 (2011)</b>
Axel Bieber	M45	3:43:45 (2007)
Thomas Kersten	M45	3:44:52 (2007)
Thomas Rogalla	M40	3:45:06 (2006)
Michael Lilge	M40	3:45:16 (2007)
Hartmut Bohnsack	M40	3:46:27 (2007)

#### M50/55

Manfred Schulz	M50	2:58:28 (2007)
Siegfried Krolikowski	M55	3:07:39 (2004)
Volker Schreibmüller	M55	3:18:41 (2006)
Reinald Maletzka	M50	3:20:58 (2007)
Reiner Kramer	M50	3:21:28 (2005)
Klaus Ulbrich	M50	3:22:37 (2008)
Thomas Kersten	M50	3:25:37 (2010)
Norbert Fettback	M55	3:33:57 (2010)
Wilfried Matlachowski	M55	3:35:23 (2008)
Veit Wille	M55	3:36:12 (2007)
<b>Dieter Geyer</b>	<b>M55</b>	<b>3:36:35 (2011)</b>
Matthias Kappmeier	M50	3:38:34 (2010)
Heinz Hellwig	M50	3:40:08 (2005)

Wolfgang Ratsch	M55	3:40:16 (2010)
Matthias Eimann	M55	3:41:40 (2008)
Andreas Seefeld	M50	3:43:00 (2006)
<b>Gerd Modrow</b>	<b>M50</b>	<b>3:44:58 (2011)</b>
Albrecht Wolschke	M55	3:46:59 (2007)
Klaus Dieter Göing	M50	3:47:13 (2006)
Axel Wicke	M55	3:53:26 (2007)

### M60 und älter

Siegfried Krolkowski	M60	3:20:02 (2005)
Erhard Plaschke	M65	3:35:13 (2007)
Rudolf Kanzok	M60	3:47:19 (2006)
<b>Karl Lieke</b>	<b>M60</b>	<b>3:57:32 (2011)</b>
<b>Engelbert Müller</b>	<b>M75</b>	<b>4:09:52 (2011)</b>

## Halbmarathon

### Frauen und AK

Inga Ruhl	W30	1:18:25 (2007)
Silke Pingpank	WHK	1:19:09 (1994)
Bianca Köhler	WHK	1:22:21 (1998)
Kerstin Brünig	WHK	1:22:32 (1998)
Anja Schumann	W30	1:26:50 (2007)
Dorothea Lenk	WHK	1:28:59 (2009)
<b>Krissy Scheyhing</b>	<b>W30</b>	<b>1:29:06 (2011)</b>
Vera Klages	W30	1:29:54 (2009)
Silke Jessen	WHK	1:30:35 (2009)
Monika Merz	W40	1:32:23 (2008)
Anke Kelm	W40	1:34:29 (2007)

Iris Bartels	W35	1:35:32 (2010)
Sylvia Kuhlenkamp	W45	1:38:29 (2007)
Gesa Engelbracht	W40	1:38:54 (2008)
Ilona Göing	W45	1:40:25 (2006)
<b>Vanessa Federmann</b>	<b>W30</b>	<b>1:40:30 (2011)</b>
Britta Pingpank	W40	1:40:35 (2010)
<b>Maike Kaschorek</b>	<b>W40</b>	<b>1:41:24 (2011)</b>
Petra Emmermann	W45	1:41:40 (2009)
Maren Sadeghi	W45	1:41:48 (2005)
Christa Schröder	W50	1:43:16 (2006)
Claudia Hampel	W45	1:42:07 (2009)
Sabine Wirth	WHK	1:43:38 (2006)

Gaby Schulte	W45	1:43:57 (2009)
Heike Mausund	W35	1:43:50 (2006)
Sabine Kersten	W45	1:44:29 (2009)
Ulla Münzer	W55	1:44:56 (2008)
Dagmar Ruhl	W40	1:44:57 (2009)

### Männer

Dirk Schwarzbach	MHK	1:07:30 (2010)
Florian Reichert	MHK	1:09:34 (2009)
Ulf Narloch	MHK	1:15:12 (2003)
<b>Steffen Lang</b>	<b>MHK</b>	<b>1:15:24 (2011)</b>
Yarim Benne	MHK	1:15:59 (2003)
Daniel Ulbrich	MHK	1:18:32 (2007)
Christian Jache	MHK	1:24:13 (2010)

### M30/35

Thomas Bartholome	M35	1:09:03 (2007)
Christian Giesler	M30	1:12:11 (2009)
Arne Westphal	M30	1:15:34 (2010)
Eike Steinmann	M30	1:15:44 (2009)
Jens Grothe	M30	1:17:24 (2005)
<b>Marco Ronkel</b>	<b>M35</b>	<b>1:18:53 (2011)</b>

Mirko Henning	M35	1:19:10 (2010)
<b>Lars Westphal</b>	<b>M30</b>	<b>1:21:32 (2011)</b>
Christian Hedrich	M30	1:25:12 (2010)
Marco Wipperfürth	M35	1:25:27 (2010)
Stefan Kulick	M30	1:26:54 (2009)
Rene Weilert	M35	1:27:15 (2007)
Thilo Winkler	M35	1:28:07 (2010)
Carsten Kupferberg	M35	1:29:28 (2005)
Oliver Heilmann	M35	1:32:35 (2008)
Mario Kiehl	M35	1:33:13 (2006)
Fausto Catoni	M30	1:34:25 (2006)
Eduard Reimer	M35	1:34:33 (2009)
Stephan Lehmann	M35	1:34:38 (2008)
Carsten Eickhoff	M35	1:34:57 (2008)

#### M40/45

Michael Kordys	M40	1:18:42 (2006)
<b>Matthias Finn</b>	<b>M40</b>	<b>1:18:42 (2011)</b>
Sebastian Hoff	M40	1:20:06 (2007)
<b>Volker Krell</b>	<b>M45</b>	<b>1:20:07 (2011)</b>
Patrick Wende	M40	1:21:26 (2009)
Uwe Cordts	M45	1:21:50 (2009)
Jürgen Bultmann	M45	1:22:22 (2007)
Jörg Schlatterer	M40	1:22:38 (2001)
Carsten Fuhrmann	M40	1:23:40 (2007)
Olaf Friedrichs	M40	1:23:46 (2009)
<b>Marco Wipperfürth</b>	<b>M40</b>	<b>1:25:23 (2011)</b>
Frank Richter	M45	1:25:59 (2010)
Olaf Jensen	M45	1:26:41 (2008)
Torsten Schrell	M40	1:26:52 (2010)
Wolfgang Bock	M45	1:27:07 (2008)
Reinald Maletzka	M45	1:28:29 (2005)
<b>Matthias Kellner</b>	<b>M45</b>	<b>1:30:14 (2011)</b>
Holger Müller	M45	1:30:24 (2009)
<b>Carsten Grobe</b>	<b>M40</b>	<b>1:30:28 (2011)</b>
Thomas Bross	M45	1:32:26 (2010)
Wolfgang Schulz	M40	1:32:30 (2008)
Mario Kiehl	M40	1:33:03 (2008)
<b>Carsten Fleisch</b>	<b>M40</b>	<b>1:33:17 (2011)</b>
Christoph Bach	M45	1:35:23 (2010)
Fredy Meitz	M45	1:35:24 (2009)
<b>Stefan Wenning</b>	<b>M40</b>	<b>1:35:24 (2011)</b>
Thomas Linnenkohl	M40	1:35:45 (2007)
<b>Karsten Korte</b>	<b>M40</b>	<b>1:36:17 (2011)</b>

#### M50/55

Edgar Diener	M50	1:19:30 (2007)
Manfred Schulz	M55	1:23:26 (2008)
Wolfgang Bock	M50	1:27:20 (2010)
Reinald Maletzka	M50	1:29:56 (2007)
Siegfried Krolkowski	M55	1:30:40 (2003)
Veit Wille	M55	1:31:40 (2009)
Volker Schreibmüller	M55	1:31:47 (2006)
Thomas Kersten	M50	1:32:48 (2009)
Detlef Oppermann	M55	1:33:03 (2010)
Norbert Fettback	M55	1:33:11 (2010)
Olaf Jensen	M50	1:33:44 (2010)
<b>Michael Schütte</b>	<b>M50</b>	<b>1:34:33 (2011)</b>
Reiner Kramer	M50	1:35:35 (2005)
Heinz Hellwig	M50	1:35:53 (2005)
Matthias Kappmeier	M50	1:36:31 (2010)
Detlef John	M50	1:38:36 (2008)
Andreas Seefeld	M50	1:38:55 (2008)
<b>Dieter Geyer</b>	<b>M55</b>	<b>1:39:15 (2011)</b>
Wolfgang Ratsch	M55	1:39:21 (2010)

<b>Gerd Modrow</b>	<b>M50</b>	<b>1:39:33 (2011)</b>
Günter Mundil	M50	1:39:39 (2006)

**M60 und älter**

Siegfried Krolikowski	M60	1:29:13 (2005)
Erhard Plaschke	M65	1:37:59 (2006)
<b>Wolfgang Ratsch</b>	<b>M60</b>	<b>1:38:30 (2011)</b>
Rudolf Kanzok	M60	1:41:29 (2005)
<b>Karl Lieke</b>	<b>M60</b>	<b>1:43:54 (2011)</b>
<b>Engelbert Müller</b>	<b>M75</b>	<b>1:55:38 (2011)</b>

- **Athleten die von Markus Pingpank trainiert werden & wurden/ Stand 27.12.2011**
- **Korrekturen bitte an [info@pingpank.de](mailto:info@pingpank.de)**