

Ewige Bestenliste

Marathon

Frauen und AK

Inga Ruhl	W30	2:48:01 (2007)
Silke Pingpank	WHK	2:55:41 (1992)
Monika Merz	W40	3:17:42 (2008)
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)
Silke Jessen	WHK	3:34:08 (2008)
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)
Heike Jünemann	W35	3:56:23 (2005)
Karin Fluchtmann	W35	3:57:42 (2009)
Marion Tschertner	W40	4:07:41 (2009)
Christina Schostock	W40	4:07:45 (2006)
Petra Heise	W40	4:10:01 (2006)
Heike Mausund	W40	4:10:13 (2007)
Heike Krause	W45	4:11:05 (2009)
Birgitt Haubenreisser	W45	4:14:40 (2006)
Reinhild Muschter	W50	4:15:46 (2009)
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)

Männer

Dirk Schwarzbach	MHK	2:23:57 (2006)
Yarim Benne	MHK	3:03:14 (2006)
Marcel Prisille	MHK	3:27:08 (2007)
Jamin Schiffmann	MHK	3:29:50 (2007)

M30/35

Thomas Bartholome	M35	2:32:11 (2006)
Arne Westphal	M30	2:45:20 (2008)
Eike Steinmann	M30	2:50:29 (2008)
Jens Grothe	M35	2:57:59 (2009)
Mirko Henning	M35	2:58:43 (2008)
Carsten Kupferberg	M35	3:02:44 (2006)
Yarim Benne	M30	3:07:50 (2007)
Rene Weilert	M35	3:09:04 (2007)
Jens Pludra	M35	3:17:22 (2007)
Stefan Kulick	M30	3:22:59 (2008)
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	2:57:03 (2009)
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)
Wolfgang Bock	M45	3:09:08 (2007)
Volker Krell	M40	3:14:07 (2009)
Jürgen Bultmann	M45	3:14:32 (2007)
Knut Engelbracht	M40	3:16:09 (2007)
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)
Christoph Bach	M40	3:29:28 (2009)
Frank Stephani	M40	3:30:27 (2006)
Frank Stümpel	M45	3:36:26 (2007)
Klaus Hawellek	M40	3:37:13 (2006)
Carsten Grobe	M40	3:37:17 (2009)
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)
Axel Bieber	M45	3:43:45 (2007)
Hajo Lindner	M40	3:44:34 (2009)
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	3:29:17 (2009)
Wilfried Matlachowski	M55	3:35:23 (2008)
Veit Wille	M55	3:36:12 (2007)
Heinz Hellwig	M50	3:40:08 (2005)
Matthias Eimann	M55	3:41:40 (2008)
Dieter Geyer	M50	3:41:56 (2008)
Matthias Kappmeier	M50	3:42:44 (2009)
Andreas Seefeld	M50	3:43:00 (2006)
Wolfgang Ratsch	M55	3:46:16 (2009)

Albrecht Wolschke	M55	3:46:59 (2007)
Klaus Dieter Göing	M50	3:47:13 (2006)
Norbert Fettback	M55	3:51:57 (2008)
Axel Wicke	M55	3:53:26 (2007)

M60 und älter

Siegfried Krolikowski	M60	3:20:02 (2005)
Erhard Plaschke	M65	3:35:13 (2007)
Rudolf Kanzok	M60	3:47:19 (2006)

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)
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

Sylvia Kühlenkamp	W45	1:37:40 (2009)
Gesa Engelbracht	W40	1:38:29 (2007)
Ilona Göing	W40	1:38:54 (2008)
Petra Emmermann	W45	1:40:25 (2006)
Maren Sadeghi	W45	1:41:40 (2009)
Christa Schröder	W45	1:41:48 (2005)
Claudia Hampel	W50	1:43:16 (2006)
Britta Pingpank	W45	1:42:07 (2009)
Sabine Wirth	W40	1:43:04 (2009)
	WHK	1:43:38 (2006)

Gaby Schulte

Heike Mausund	W45	1:43:57 (2009)
Sabine Kersten	W35	1:43:50 (2006)
Maike Kaschorek	W45	1:44:29 (2009)
Ulla Münzer	W40	1:44:41 (2009)
Dagmar Ruhl	W55	1:44:56 (2008)
	W40	1:44:57 (2009)

Männer

Dirk Schwarzbach	MHK	1:08:26 (2002)
Florian Reichert	MHK	1:09:34 (2009)
Ulf Narloch	MHK	1:15:12 (2003)
Yarim Benne	MHK	1:15:59 (2003)
Daniel Ulbrich	MHK	1:18:32 (2007)

M30/35

Thomas Bartholome	M35	1:09:03 (2007)
Christian Giesler	M30	1:12:11 (2009)
Eike Steinmann	M30	1:15:44 (2009)
Arne Westphal	M30	1:16:30 (2008)
Jens Grothe	M30	1:17:24 (2005)
Mirko Henning	M35	1:21:01 (2006)
Marco Ronkel	M35	1:23:46 (2009)
Stefan Kulick	M30	1:26:54 (2009)

Rene Weilert	M35	1:27:15 (2007)
Marco Wipperfürth	M35	1:29:20 (2009)
Carsten Kupferberg	M35	1:29:28 (2005)
Thilo Winkler	M35	1:30:51 (2009)
Oliver Heilmann	M35	1:32:35 (2008)
Mario Kiehl	M35	1:33:13 (2006)
Christian Hedrich	M30	1:34:08 (2009)
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)
Sebastian Hoff	M40	1:20:06 (2007)
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)
Volker Krell	M40	1:23:15 (2009)
Olaf Friedrichs	M40	1:23:46 (2009)
Olaf Jensen	M45	1:26:41 (2008)
Wolfgang Bock	M45	1:27:07 (2008)
Reinald Maletzka	M45	1:28:29 (2005)
Torsten Schrell	M40	1:28:13 (2009)
Holger Müller	M45	1:30:24 (2009)
Wolfgang Schulz	M40	1:32:30 (2008)
Mario Kiehl	M40	1:33:03 (2008)
Thomas Bross	M40	1:33:06 (2008)
Fredy Meitz	M45	1:35:24 (2009)
Carsten Grobe	M40	1:35:37 (2009)
Thomas Linnenkohl	M40	1:35:45 (2007)

M50/55

Edgar Diener	M50	1:19:30 (2007)
Manfred Schulz	M55	1:23:26 (2008)
Reinald Maletzka	M50	1:29:56 (2007)
Siegfried Krolikowski	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)
Norbert Fettback	M55	1:34:07 (2009)
Reiner Kramer	M50	1:35:35 (2005)
Heinz Hellwig	M50	1:35:53 (2005)
Detlef John	M50	1:38:36 (2008)
Andreas Seefeld	M50	1:38:55 (2008)
Matthias Kappmeier	M50	1:39:28 (2009)
Günter Mundil	M50	1:39:39 (2006)

M60 und älter

Siegfried Krolikowski	M60	1:29:13 (2005)
Erhard Plaschke	M65	1:37:59 (2006)
Rudolf Kanzok	M60	1:41:29 (2005)

- **Athleten die von Markus Pingpank trainiert werden & wurden/ Stand 8.1.2010**
- **Korrekturen bitte an info@pingpank.de**