

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)
Ilona Göing	W45	3:32:55 (2006)
Silke Jessen	WHK	3:34:08 (2008)
Maike Kaschorek	W40	3:38:45 (2008)
Gesa Engelbracht	W35	3:49:24 (2006)
Ulla Münzer	W50	3:50:05 (2006)
Claudia Hampel	W40	3:51:05 (2006)
Heike Jünemann	W35	3:56:23 (2005)
Christina Schostock	W40	4:07:45 (2006)
Petra Heise	W40	4:10:01 (2006)
Heike Mausund	W40	4:10:13 (2007)
Birgitt Haubenreisser	W45	4:14:40 (2006)
Iris Wanner	W35	4:16:12 (2005)
Anke Pfersich	W40	4:16:41 (2006)
Kathrin Bergholz	W40	4:17:31 (2006)
Doris Weihe	W50	4:23:44 (2008)

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)
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)
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)
Marco Wipperfürth	M35	3:37:07 (2007)
Lehmann, Stephan	M35	3:28:53 (2008)
Ingmar Malaske	M35	3:43:00 (2006)
Wolfgang Schulz	M35	3:43:08 (2007)
Kai Röblitz	M35	3:45:17 (2006)
Eduard Reimer	M35	3:46:42 (2008)

M40/45

Jörg Schlatterer	M40	2:58:07 (2001)
Olaf Friedrichs	M40	3:05:38 (2008)
Carsten Fuhrmann	M40	3:06:02 (2007)
Michael Kordys	M40	3:07:16 (2006)
Wolfgang Bock	M45	3:09:08 (2007)
Jürgen Bultmann	M45	3:14:32 (2007)
Knut Engelbracht	M40	3:16:09 (2007)
Holger Müller	M45	3:20:29 (2008)
Volker Krell	M40	3:20:37 (2008)
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)
Frank Stephani	M40	3:30:27 (2006)
Christoph Bach	M40	3:36:01 (2007)
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)
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 Krolkowski	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	3:29:37 (2008)
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)
Andreas Seefeld	M50	3:43:00 (2006)
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 Krolkowski	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)
Monika Merz	W40	1:32:23 (2008)
Anke Kelm	W40	1:34:29 (2007)
Silke Jessen	WHK	1:37:38 (2008)
Sylvia Kuhlenkamp	W45	1:38:29 (2007)
Gesa Engelbracht	W40	1:38:54 (2008)
Iris Bartels	W35	1:39:00 (2008)
Ilona Göing	W45	1:40:25 (2006)
Maren Sadeghi	W45	1:41:48 (2005)
Christa Schröder	W50	1:43:16 (2006)
Claudia Hampel	W40	1:43:33 (2007)
Sabine Wirth	WHK	1:43:38 (2006)
Heike Mausund	W35	1:43:50 (2006)
Britta Pingpank	W40	1:44:32 (2008)
Ulla Münzer	W55	1:44:56 (2008)
Claudia Lorenz	W35	1:49:33 (2007)
Dagmar Ruhl	W40	1:49:43 (2008)

Männer

Dirk Schwarzbach	MHK	1:08:26 (2002)
Florian Reichert	MHK	1:11:47 (2004)
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)
Arne Westphal	M30	1:16:30 (2008)
Eike Steinmann	M30	1:16:54 (2008)
Jens Grothe	M30	1:17:24 (2005)
Mirko Henning	M35	1:21:01 (2006)
Rene Weilert	M35	1:27:15 (2007)
Carsten Kupferberg	M35	1:29:28 (2005)
Oliver Heilmann	M35	1:32:35 (2008)
Marco Wipperfürth	M35	1:32:39 (2007)
Mario Kiehl	M35	1:33:13 (2006)
Fausto Catoni	M30	1:34:25 (2006)
Stephan Lehmann	M35	1:34:38 (2008)
Stefan Kulick	M30	1:34:51 (2008)
Carsten Eickhoff	M35	1:34:57 (2008)

M40/45

Michael Kordys	M40	1:18:42 (2006)
Sebastian Hoff	M40	1:20:06 (2007)
Jürgen Bultmann	M45	1:22:22 (2007)
Jörg Schlatterer	M40	1:22:38 (2001)
Carsten Fuhrmann	M40	1:23:40 (2007)
Olaf Friedrichs	M40	1:25:00 (2008)
Volker Krell	M40	1:25:58 (2008)
Olaf Jensen	M45	1:26:41 (2008)
Wolfgang Bock	M45	1:27:07 (2008)
Reinald Maletzka	M45	1:28:29 (2005)
Wolfgang Schulz	M40	1:32:30 (2008)
Holger Müller	M45	1:32:56 (2008)
Mario Kiehl	M40	1:33:03 (2008)
Thomas Bross	M40	1:33:06 (2008)
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)
Volker Schreibmüller	M55	1:31:47 (2006)
Veit Wille	M55	1:33:58 (2008)
Reiner Kramer	M50	1:35:35 (2005)
Heinz Hellwig	M50	1:35:53 (2005)
Thomas Kersten	M50	1:36:20 (2008)
Norbert Fettback	M55	1:37:14 (2008)
Detlef John	M50	1:38:36 (2008)
Andreas Seefeld	M50	1:38:55 (2008)
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 27.12.2008**
- **Korrekturen bitte an info@pingpank.de**