

# Bestenliste \*



## Marathon

### Frauen und AK

Inga Ruhl	W30	2:48:01 (2007)
Silke Pingpank	WHK	2:55:41 (1992)
Anja Schumann	W30	3:23:15 (2006)
Monika Merz	W40	3:28:15 (2007)
Ilona Göing	W45	3:32:55 (2006)
Anke Kelm	W40	3:41:15 (2006)
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)
Birgit 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)

### 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	2:56:34 (2007)
Mirko Henning	M30	2:59:16 (2007)
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)
Mario Kiehl	M35	3:27:14 (2006)
Frank Flammer	M35	3:29:16 (2005)
Frank Harder	M35	3:31:05 (2007)
Carsten Eickhoff	M30	3:37:03 (2007)
Marco Wipperfürth	M35	3:37:07 (2007)
Lehmann, Stephan	M35	3:38:56 (2007)
Ingmar Malaske	M35	3:43:00 (2006)
Wolfgang Schulz	M35	3:43:08 (2007)
Kai Röblitz	M35	3:45:17 (2006)

### M40/45

Jörg Schlatterer	M40	2:58:07 (2001)
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)
Reinald Maletzka	M45	3:23:07 (2006)
Olaf Jensen	M40	3:23:58 (2006)
Holger Müller	M45	3:24:05 (2007)
Mario Kiehl	M40	3:26:11 (2007)
Peter Müller	M45	3:28:17 (2007)
Thomas Bross	M40	3:30:11 (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)
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 Rode	M40	3:44:03 (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)
Veit Wille	M55	3:36:12 (2007)
Heinz Hellwig	M50	3:40:08 (2005)
Matthias Eimann	M50	3:41:30 (2006)
Andreas Seefeld	M50	3:43:00 (2006)
Albrecht Wolschke	M55	3:46:59 (2007)
Klaus Dieter Göing	M50	3:47:13 (2006)
Dieter Geyer	M50	3:47:41 (2007)
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)
Monika Merz	W40	1:34:27 (2007)
Anke Kelm	W40	1:34:29 (2007)
Sylvia Kuhlenkamp	W45	1:38:29 (2007)
Ilona Göing	W45	1:40:25 (2006)
Gesa Engelbracht	W35	1:40:37 (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	1:45:04 (2007)
Ulla Münzer	W55	1:45:22 (2007)
Iris Bartels	W35	1:46:23 (2007)
Claudia Lorenz	W35	1:49:33 (2007)

### **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	1:17:20 (2007)
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)
Marco Wipperfürth	M35	1:32:39 (2007)
Mario Kiehl	M35	1:33:13 (2006)
Fausto Catoni	M30	1:34:25 (2006)

#### **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	1:26:33 (2007)
Olaf Jensen	M45	1:28:13 (2007)
Wolfgang Bock	M45	1:28:14 (2006)
Reinald Maletzka	M45	1:28:29 (2005)
Mario Kiehl	M40	1:33:43 (2007)
Holger Müller	M45	1:34:47 (2007)
Thomas Bross	M40	1:34:57 (2005)
Thomas Linnenkohl	M40	1:35:45 (2007)

#### **M50/55**

Edgar Diener	M50	1:19:30 (2007)
Manfred Schulz	M50	1:23:54 (2007)
Veit Wille	M50	1:27:39 (2006)
Reinald Maletzka	M50	1:29:56 (2007)
Siegfried Krolkowski	M55	1:30:40 (2003)
Volker Schreibmüller	M55	1:31:47 (2006)
Reiner Kramer	M50	1:35:35 (2005)
Heinz Hellwig	M50	1:35:53 (2005)
Norbert Fettback	M50	1:36:39 (2007)
Günter Mundil	M50	1:39:39 (2006)
Andreas Seefeld	M50	1:40:25 (2007)

#### **M60 und älter**

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

## **10km**

#### **Frauen**

Silke Pingpank	WHK	35:32 (1995)
Bianca Köhler	WHK	36:16 (1998)
Inga Ruhl	W30	36:19 (2007)
Kerstin Brünig	WHK	36:46 (1998)
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	44:30 (2006)
Claudia Bührke	W45	44:43 (2005)
Sandra Heintzky	W35	44:51 (2007)
Christa Schröder	W50	45:40 (2006)
Finja Albrecht	WJA	45:58 (2007)
Sabine Wirth	WHK	46:05 (2006)
Iris Bartels	W35	46:39 (2007)

Britta Pingpank	W40	47:00 (2007)
Andrea Wildhagen	W40	47:19 (2007)
Myriam Maerlender-Paß	W35	47:55 (2007)

Claudia Hampel	W35	47:27 (2007)
Heike Mausund	W35	48:25 (2005)
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	36:26 (2007)
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	41:11 (2007)
Mario Kiehl	M35	41:38 (2006)
Jan Roehl	M35	42:43 (2006)
Carsten Eickhoff	M35	43:08 (2007)
Lehmann, Stephan	M35	43:32 (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)
Eduard Reimer	M35	44:47 (2006)

### **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)
Carsten Fuhrmann	M40	39:06 (2007)
Olaf Friedrichs	M40	39:37 (2006)
Dirk Bauermeister	M40	41:13 (2007)
Knut Engelbracht	M40	41:34 (2007)
Thomas Rogalla	M40	41:34 (2007)
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**

Jürgen Bultmann	M45	37:58 (2007)
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Ernst Wildhagen	M45	38:33 (2007)
Peter Müller	M45	39:18 (2007)
Klaus Ulbrich	M45	39:31 (2006)
Wolfgang Bock	M45	39:34 (2006)
Olaf Jensen	M45	39:56 (2007)
Reinald Maletzka	M45	40:44 (2005)
Jörg Schlatterer	M45	40:56 (2007)
Holger Müller	M45	42:44 (2007)
Detlef Seeska	M45	43:17 (2006)
Thomas Kersten	M45	43:52 (2007)

#### **M50**

Edgar Diener	M50	37:24 (2007)
Manfred Schulz	M50	38:17 (2007)
Volker Bergmann	M50	38:55 (2007)
Veit Wille	M50	40:10 (2006)
Reinald Maletzka	M50	42:06 (2007)
Kay Andresen	M50	42:14 (2006)
Norbert Fettback	M50	42:38 (2007)
Frank Baumgart	M50	42:55 (2007)
Reiner Kramer	M50	43:22 (2005)
Günter Mundil	M50	43:40 (2006)
Heinz Hellwig	M50	44:05 (2005)

#### **M55**

Siegfried Krolkowski	M55	39:28 (2003)
Veit Wille	M55	40:46 (2007)
Volker Schreibmüller	M55	41:40 (2006)
Wilfried Matlachowski	M55	42:34 (2007)
Frank Baumgart	M55	43:02 (2007)
Friedo Weh	M55	44:17 (2006)

#### **M60 und älter**

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

- **Athleten die von Markus Pingpank trainiert werden & wurden/ Stand 31.10.2007**
- **Korrekturen bitte an [info@pingpank.de](mailto:info@pingpank.de)**