

Bestenliste Senioren

Nr. 46

02.07.17

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|----------------------------------|---|--|-------------------|--------------|-------------|--------|
| W40 | 100m | Annett Kramer 67 | 15,02s | 30.5.10 | Celle | |
| | 200m | Regina Goedejohann 63 | 32,87s | 20.5.07 | Wehdel | |
| | 800m | Regina Goedejohann 63 | 3:22,5 | 14.8.05 | Nienhagen | |
| | 80mH 76,2 | Regina Goedejohann 63 | 16,8s | 1.5.07 | Nienhagen | |
| | Hochsprung | Annett Kramer 67 | 1,38m | 31.7.10 | Nienhagen | |
| | Weitsprung | Annett Kramer 67 | 4,21m | 30.5.10 | Celle | |
| | Kugel 4kg | Regina Goedejohann 63 | 7,47m | 28.8.06 | Nienhagen | |
| | Diskus 1,0kg | Regina Goedejohann 63 | 15,99m | 23.4.05 | Nienhagen | |
| | Speer 600g | Regina Goedejohann 63 | 16,76m | 23.4.05 | Nienhagen | |
| | 5K 100 W K4 H 800 | Annett Kramer 67 15,11 - 3,79 - 5,74 - 1,34 - 3:55,74 | 1841 | 31.7.10 | Nienhagen | |
| | W45 | 100m | Annett Kramer 67 | 14,59s | 26.5.13 | Verden |
| 200m | | Annett Kramer 67 | 31,27s | 10.6.12 | Wunstorf | |
| 400m | | Regina Goedejohann 63 | 73,56s | 10.6.12 | Wunstorf | |
| 800m | | Regina Goedejohann 63 | 3:06,26 | 12.9.10 | Zeven | |
| 80mH 76,2 | | Annett Kramer 67 | 15,36s | 10.6.12 | Wunstorf | |
| Hochsprung | | Annett Kramer 67 | 1,27m | 17.8.12 | Zittau | |
| Weitsprung | | Annett Kramer 67 | 4,02m | 26.5.13 | Verden | |
| Kugel 4kg | | Regina Goedejohann 63 | 7,58m | 9.4.11 | Nienhagen | |
| Diskus 1,0kg | | Regina Goedejohann 63 | 18,01m | 24.4.10 | Suderburg | |
| Speer 600g | | Regina Goedejohann 63 | 18,17m | 13.9.09 | Winsen/Luhe | |
| 5K 100 W K4 H 800 | | Annett Kramer 67 15,07 - 3,81 - 6,50 - 1,28 - 3:22,27 | 2356 | 29.7.12 | Nienhagen | |
| 7K 100H H K4 200 W Sp6 800 | Annett Kramer 67 15,80 - 1,27 - 6,20 - 31,44 3,94 - 14,69 - 3:28,63 | 3124 | 17./18. 8. 12 | Zittau | | |
| Halle | 60m | Regina Goedejohann 63 | 10,20s | 14.2.09 | Magdeburg | |
| | 60mH | Regina Goedejohann 63 | 12,57s | 14.2.09 | Magdeburg | |
| W50 | 100m | Annett Kramer 67 | 15,08s | 18.6.17 | Celle | |
| | 200m | Annett Kramer 67 | 32,21s | 14.5.17 | Oldendorf | |
| | 400m | Regina Goedejohann 63 | 76,52s | 8.5.13 | Hildesheim | |
| | 800m | Regina Goedejohann 63 | 3:19,54 | 15.9.13 | Zeven | |
| | 80mH 76,2 | Annett Kramer 67 | 14,24s | 30.6.17 | Zittau | |
| | 300mH 76,2 | Annett Kramer 67 | 57,06s | 25.5.17 | Nienhagen | |
| | Hochsprung | Regina Goedejohann 63 | 1,04m | 14.9.13 | Zeven | |
| | Weitsprung | Annett Kramer 67 | 4,27m | 18.6.17 | Celle | |
| | Kugel 3kg | Regina Goedejohann 63 | 8,57m | 26.5.13 | Verden | |
| | Diskus 1,0kg | Regina Goedejohann 63 | 17,09m | 14.5.17 | Oldendorf | |
| | Speer 500g | Regina Goedejohann 63 | 21,68m | 18.6.17 | Celle | |
| | 7K 100H H K3 200 W Sp5 800 | Regina Goedejohann 63 19,11 - 1,04 - 8,33 - 33,48 3,35 - 16,88 - 3:19,54 | 2842 | 14./15.9. 13 | Zeven | |
| | W55 | 100m | Margitta Harms 62 | 18,25s | 18.6.17 | Celle |
| | | Speer 500g | Margitta Harms 62 | 17,10m | 18.6.17 | Celle |
| 400m | | Regina Goedejohann 63 | 76,52s | 8.5.13 | Hildesheim | |

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| M30 | Diskus 2,0kg | Hans-Herrmann Wolf 58 | 28,24m | 30.4.88 | Lachendorf |
| | Speer 800g | Hans-Herrmann Wolf 58 | 48,54m | 30.4.88 | Lachendorf |
| | 4x100m | Elksnat F 72, Wickinger E 65 Heinze I 59, Beckmann J 67 | 49,19s | 24.4.09 | Wunstorf |
| M35 | 100m | Erik Wickinger 65 | 12,10s | 9.6.04 | Soltau |
| | 200m | Erik Wickinger 65 | 24,58s | 7.8.04 | Großburgwedel |
| | 400m | Enrico Röthig 72 | 62,58s | 9.4.11 | Nienhagen |
| | 800m | Ehrenfried Blümel 41 | 2:13,9 | 18.8.79 | Celle |
| | 1000m | Ehrenfried Blümel 41 | 2:51,6 | 17.6.80 | Munster |
| | 1500m | Ehrenfried Blümel 41 | 4:41,6 | 10.5.80 | Celle |
| | 5000m | Werner Gaschler 53 | 20:53,3 | 30.4.98 | Unterlüß |
| | 10000m | Ehrenfried Blümel 41 | 40:20,0 | 23.4.78 | Celle |
| | 1 Std-Lauf | Ehrenfried Blümel 41 | 14868m | 23.4.78 | Celle |
| | 400mH 91,4 | Enrico Röthig 72 | 77,12s | 6.7.11 | Nienhagen |
| | 3000m Hin | Jürgen Beckmann 67 | 12:38,78 | 7.9.05 | Nienhagen |
| | Hochsprung | Jürgen Beckmann 67 | 1,75m | 9.6.06 | Hannover |
| | Stabhochsprung | Dirk Bornemann 67 | 3,34m | 14.6.06 | Nienhagen |

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| | Weitsprung | Erik Wickinger 65 | 5,98m | 7.8.04 | Großburgwedel | |
| | Dreisprung | Jürgen Beckmann 67 | 11,38m | 14.6.06 | Nienhagen | |
| | Kugel 7,25kg | Dirk Bornemann 67 | 10,65m | 23.4.05 | Nienhagen | |
| | Diskus 2,0kg | Dirk Bornemann 67 | 28,89m | 30.9.06 | Celle | |
| | Speer 800g | Dirk Bornemann 67 | 45,57m | 23.4.05 | Nienhagen | |
| | 5K W Sp8 200 D2 1500 | Erik Wickinger 65 5,68 - 28,26 - 24,40 - 26,53 - 6:16,60 | 2144 | 14.8.04 | Nienhagen | |
| | 5K Mannschaft | Wickinger E 65, Heinze I 59, Goedejohann C 63 | 4735 | 26.6.04 | Hannover | |
| Halle | 60m | Frank Elksnat 72 | 8,34s | 14.12.08 | Hannover | |
| | 200m | Enrico Röthig 72 | 28,04s | 22.1.11 | Halle | |
| | 400m | Enrico Röthig 72 | 66,04s | 9.1.11 | Hannover | |
| | 800m | Enrico Röthig 72 | 2:47,64 | 22.1.11 | Halle | |
| M40 | 100m | Erik Wickinger 65 | 11,53s | 21.6.08 | Verden | |
| | 200m | Erik Wickinger 65 | 23,81s | 29.6.08 | Kevelaer | |
| | 400m | Erik Wickinger 65 | 58,72s | 20.5.07 | Wehdel | |
| | 800m | Caspar Goedejohann 63 | 3:15,18 | 20.5.07 | Wehdel | |
| | 1500m | Ehrenfried Blümel 41 | 4:42,0 | 20.9.81 | Lüneburg | |
| | 3000m | Ehrenfried Blümel 41 | 11:11,2 | 4.9.82 | Celle | |
| | 1 Std-Lauf | Ernst-Günter Runge 47 | 14805m | 26.9.87 | Celle | |
| | 110mH 99,0 | Ingo Heinze 59 | 18,07s 17,4s | 2.6.02 5.6.02 | Wilhelmshaven Bad Bevensen | |
| | 400mH 91,4 | Jürgen Beckmann 67 | 66,07s | 10.9.08 | Nienhagen | |
| | 4 x 100m | Heinze I 59, Ganz C 66, Beckmann J 67, Wickinger E 65 | 47,54s | 5.5.07 | Celle | |
| | Hochsprung | Jürgen Beckmann 67 | 1,77m | 29.6.08 | Kevelaer | |
| | Stabhochsprung | Dirk Bornemann 67 | 3,43m | 15.7.07 | Nienhagen | |
| | Weitsprung | Erik Wickinger 65 | 5,92m | 23.4.05 | Nienhagen | |
| | Dreisprung | Jürgen Beckmann 67 | 11,67m | 21.6.08 | Verden | |
| | Kugel 7,25kg | Carsten Ganz 66 | 12,65m | 5.5.07 | Celle | |
| | Diskus 2,0kg | Carsten Ganz 66 | 32,82m | 30.9.06 | Celle | |
| | Speer 800g | Dirk Bornemann 67 | 45,70m | 10.6.07 | Salzgitter | |
| | 5K W Sp8 200 D2 1500 | Jürgen Beckmann 67 5,37 - 30,98 - 26,15 - 21,38 - 5:15,62 | 2412 | 23.8.08 | Nienhagen | |
| | Halle | 10K 100 W K7,25 H 400 110H D2 St Sp8 1500 | Enrico Röthig 72 13,36 - 4,57 - 8,20 - o.g.V. - 65,02 24,11 - 26,76 - 2,10 - 37,37 - 7:24,10 | 3016 | 14./15.9. 13 | Zeven |
| | | 60m | Erik Wickinger 65 | 7,84s | 15.1.06 | Hannover |
| | | 200m | Erik Wickinger 65 | 25,33s | 15.1.06 | Hannover |
| | M45 | 100m | Erik Wickinger 65 | 11,85s | 14.7.12 | Erfurt |
| | | 200m | Erik Wickinger 65 | 24,10s | 15.7.12 | Erfurt |
| 400m | | Erik Wickinger 65 | 57,17s | 18.8.11 | Hamburg | |
| 800m | | Ingo Heinze 59 | 2:28,2 | 30.6.04 | Unterlüß | |
| 1500m | | Ingo Heinze 59 | 5:43,64 | 26.6.04 | Hannover | |
| Halbmarathon | | Reik Weber 60 | 2:12:46 | 19.4.09 | Tangermünde | |
| Marathon | | Reik Weber 60 | 3:44:23 | 25.9.05 | Berlin | |
| 110mH 99,0 | | Ingo Heinze 59 | 17,87s | 10.6.07 | Salzgitter | |
| 400mH 91,4 | | Ingo Heinze 59 | 64,16s | 7.7.07 | Zittau | |
| 3000m Hind 91,4 | | Reik Weber 60 | 13:54,94 | 7.9.05 | Nienhagen | |
| Hochsprung | | Ingo Heinze 59 | 1,50m | 29.5.05 | Delmenhorst | |
| Stabhochsprung | | Dirk Kramer 63 | 2,30m | 12.9.10 | Zeven | |
| Weitsprung | | Ingo Heinze 59 | 5,00m | 27.6.04 | Hannover | |
| Kugel 7,25kg | | Ingo Heinze 59 | 8,61m | 1.5.04 | Nienhagen | |
| Diskus 2,0kg | | Dirk Bornemann 67 | 27,34m | 21.4.12 | Nienhagen | |
| Speer 800g | | Ewald March 43 | 40,36m | 9.9.90 | Nienhagen | |
| 5K W Sp8 200 D2 1500 | | Ingo Heinze 59 5,00 - 24,92 - 27,08 - 20,37 - 5:43,64 | 2446 | 26.6.04 | Hannover | |
| Werfer 5K H7 K7 D2 Sp8 G15 | | Caspar Goedejohann 63 10,54 - 7,37 - 20,17 - 26,05 - 5,23 | 1087 | 3.10.08 | Bremen | |
| 10K 100 W K7 H 400 110H D2 St Sp8 1500 | | Dirk Kramer 63 14,69 - 4,79 - 7,50 - 1,32 - 76,82 22,12 - 22,02 - 2,30 - 27,65 - 6:50,48 | 3318 | 11./12. 9.10 | Zeven | |
| Halle | | 60m | Erik Wickinger 65 | 7,68s | 4.3.12 | Erfurt |
| | | 200m | Erik Wickinger 65 | 24,68s | 13.2.11 | Erfurt |
| M50 | | 100m | Ingo Heinze 59 | 13,11s | 24.5.09 | Wunstorf |
| | | 200m | Ingo Heinze 59 | 26,62s | 6.6.09 | Dessau |
| | 400m | Ingo Heinze 59 | 60,85s | 6.6.09 | Dessau | |

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| BR | 1500m | Ingo Heinze 59 | 5:54,97 | 13.6.10 | Aichach | |
| | 100mH 91,4 | Ingo Heinze 59 | 15,36s | 6.6.09 | Dessau | |
| | 400mH 84,0 | Ingo Heinze 59 | 65,76s | 1.5.09 | Nienhagen | |
| | Hochsprung | Ingo Heinze 59 | 1,44m | 13.9.09 | Gronau | |
| | Weitsprung | Ingo Heinze 59 | 5,09m | 7.6.09 | Dessau | |
| | Kugel 6kg | Ingo Heinze 59 | 9,53m | 22.3.09 | Sudenburg | |
| | Diskus 1,5kg | Ingo Heinze 59 | 27,49m | 14.3.09 | Lehrte | |
| | Speer 700g | Caspar Goedejohann 63 | 25,73m | 26.5.13 | Verden | |
| Halle | 5K W Sp7 200 D15 1500 | Ingo Heinze 59 4,93 - 24,51 - 27,31 - 25,42 - 5:54,97 | 2448 | 13.6.10 | Aichach | |
| | 60m | Ingo Heinze 59 | 8,31s | 14.2.09 | Magdeburg | |
| | 200m | Ingo Heinze 59 | 27,12s | 28.2.09 | Düsseldorf | |
| | 60mH 91,4 | Ingo Heinze 59 | 9,38s | 14.2.09 | Magdeburg | |
| | Hochsprung | Ingo Heinze 59 | 1,46m | 8.1.11 | Magdeburg | |
| | Weitsprung | Ingo Heinze 59 | 5,04m | 12.12.10 | Hannover | |
| | Kugel 6kg | Ingo Heinze 59 | 9,22m | 22.1.11 | Halle | |
| | 1000m | Ingo Heinze 59 | 3:39,88 | 16.3.11 | Gent/BEL | |
| 5K 60H W K6 H 1000 | Ingo Heinze 59 9,69 - 4,54 - 9,09 - 1,39 - 3:39,88 | 2865 | 16.3.11 | Gent/BEL | | |
| M55 | 100m | Jürgen Rudert 48 | 13,67s | 4.9.05 | Sarstedt | |
| | 200m | Jürgen Rudert 48 | 28,68s | 22.6.05 | Delmenhorst | |
| | 100mH 91,4 | Ingo Heinze 59 | 16,78s | 11.7.14 | Erfurt | |
| | Hochsprung | Jürgen Rudert 48 | 1,40m | 26.8.05 | Hannover | |
| | Stabhochsprung | Jürgen Rudert 48 | 3,42m | 19.9.05 | Elze | |
| | Weitsprung | Jürgen Rudert 48 | 5,08m | 4.9.05 | Sarstedt | |
| | Diskus 1,5kg | Jürgen Rudert 48 | 31,45m | 26.6.05 | Hannover | |
| | Speer 700g | Jürgen Rudert 48 | 37,73m | 26.6.05 | Hannover | |
| M60 | 100m | Ewald Richter 45 | 14,08s | 10.5.09 | Langen | |
| | 200m | Ewald Richter 45 | 29,21s | 23.5.09 | Wunstorf | |
| | 400m | Ewald Richter 45 | 69,98s | 6.6.09 | Dessau | |
| | 1500m | Ewald Richter 45 | 6:30,07 | 1.8.09 | Nienhagen | |
| | 100mH 84,0 | Ewald Richter 45 | 22,97s | 13.9.09 | Winsen/Luhe | |
| | Hochsprung | Ewald Richter 45 | 1,36m | 12.9.09 | Winsen/Luhe | |
| | Stabhochsprung | Ewald Richter 45 | 1,90m | 13.9.09 | Winsen/Luhe | |
| | Weitsprung | Ewald Richter 45 | 4,46m | 7.6.09 | Dessau | |
| | Kugel 5kg | Ewald Richter 45 | 9,93m | 10.5.09 | Langen | |
| | Diskus 1,0kg | Ewald Richter 45 | 30,95m | 14.6.09 | Ahlen | |
| | Speer 600g | Ewald Richter 45 | 32,21m | 6.9.09 | Hannover | |
| | 5K W Sp6 200 D1 1500 | Ewald Richter 45 4,34 - 27,93 - 29,45 - 30,95 - 6:38,88 | 2678 | 14.6.09 | Ahlen | |
| | 10K 100 W K5 H 400 100H D1 St Sp6 1500 | Ewald Richter 45 14,82 - 4,07 - 9,11 - 1,36 - 72,94 22,97 - 27,44 - 1,90 - 29,72 - 6:50,99 | 4609 | 12./13. 9.09 | Winsen/Luhe | |
| Halle | 60m | Ewald Richter 45 | 9,07s | 14.2.09 | Magdeburg | |
| | 200m | Ewald Richter 45 | 30,12s | 14.2.09 | Magdeburg | |
| | Weit | Ewald Richter 45 | 4,24m | 14.12.08 | Hannover | |
| M65 | 100m | Ewald Richter 45 | 14,37s | 9.5.10 | Langen | |
| | 200m | Ewald Richter 45 | 29,61s | 13.6.10 | Aichach | |
| | 400m | Ewald Richter 45 | 66,79s | 3.7.10 | Kevelaer | |
| | 1500m | Ewald Richter 45 | 6:09,46 | 13.6.10 | Aichach | |
| | 100mH 84,0 | Ewald Richter 45 | 21,58s | 12.9.10 | Zeven | |
| | BR | Hochsprung | Ewald Richter 45 | 1,45m | 15.5.11 | Verden |
| | | Stabhochsprung | Ewald Richter 45 | 2,10m | 12.9.10 | Zeven |
| | | Weitsprung | Ewald Richter 45 | 4,48m | 4.7.10 | Kevelaer |
| | | Kugel 5kg | Ewald Richter 45 | 9,26m | 8.7.11 | Sacramento/USA |
| | | Diskus 1,0kg | Ewald Richter 45 | 29,62m | 31.7.10 | Nienhagen |
| Speer 600g | | Ewald Richter 45 | 33,42m | 9.7.11 | Sacramento/USA | |
| 5K W Sp6 200 D1 1500 | | Ewald Richter 45 4,25 - 30,33 - 29,68 - 29,62 - 6:12,11 | 3183 | 31.7.10 | Nienhagen | |
| 10K 100 W K5 H 400 100H D1 St Sp6 1500 | Ewald Richter 45 14,28 - 4,48 - 9,06 - 1,44 - 68,10 21,58 - 27,20 - 2,10 - 29 19 - 6:22,56 | 6122 | 11./12.9.2010 | Zeven | | |
| Halle | 60m | Ewald Richter 45 | 9,31s | 12.12.10 | Hannover | |
| | 200m | Ewald Richter 45 | 30,40s | 8.1.11 | Magdeburg | |
| | 400m | Ewald Richter 45 | 68,53s | 13.2.11 | Erfurt | |
| | 60m Hürden 84,0 | Ewald Richter 45 | 12,43s | 16.3.11 | Gent/BEL | |
| | Hochsprung | Ewald Richter 45 | 1,46m | 8.1.11 | Magdeburg | |

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| | Weitsprung | Ewald Richter 45 | 4,71m | 12.12.10 | Hannover |
| | Kugel 5kg | Ewald Richter 45 | 9,56m | 16.3.11 | Gent/BEL |
| | 1000m | Ewald Richter 45 | 4:11,33 | 16.3.11 | Gent/BEL |
| | 5K 60H W K5 H 1000 | Ewald Richter 45 12,43 - 4,09 - 9,56 - 1,42 - 4:11,30 | 3201 | 16.3.11 | Gent/BEL |
| M70 | 100m | Ewald Richter 45 | 15,35s | 14.5.17 | Oldendorf |
| | 200m | Ewald Richter 45 | 31,37s | 3.5.15 | Sarstedt |
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| Mixed | 4 x 100m | Goedejohann R 63, Frank HH 57, Goedejohann C 63, Richter, E 45 | 58,92s | 18.5.08 | Langen |
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Es fehlt eine Leistung oder wurde übertroffen? Mede dich bei: erik.wickinger@t-online.de