

## „Ewige“ Bestenliste - mU20

### 100m

|       |                     |      |
|-------|---------------------|------|
| 10,60 | Havenith, Lothar    | 1977 |
| 11,06 | Dautzenberg, Jens   | 1993 |
| 11,10 | Höke, Robert        | 1970 |
| 11,10 | Müller, Rainer      | 1970 |
| 11,20 | Prüm, Wolfgang      | 1983 |
| 11,30 | Paffen, Rainer      | 1962 |
| 11,30 | Sonnenschein, Willi | 1966 |
| 11,40 | Plötz, Christian    | 1967 |
| 11,40 | Kalff, Rolf         | 1960 |
| 11,40 | Feilbach, Erich     | 1974 |
| 11,40 | Schwieger, Thomas   | 1982 |

### 200m

|       |                     |      |
|-------|---------------------|------|
| 22,10 | Dautzenberg, Jens   | 1993 |
| 22,30 | Havenith, Lothar    | 1978 |
| 23,00 | Jung, Wolfgang      | 1986 |
| 23,10 | Plötz, Christian    | 1967 |
| 23,10 | Müller, Rainer      | 1970 |
| 23,10 | Schwieger, Thomas   | 1982 |
| 23,20 | Sonnenschein, Willi | 1966 |
| 23,20 | Höke, Robert        | 1970 |
| 23,20 | Nellessen, Andreas  | 1986 |
| 23,30 | Paffen, Rainer      | 1963 |

### 400m

|       |                     |      |
|-------|---------------------|------|
| 48,15 | Dautzenberg, Jens   | 1993 |
| 49,60 | Sonnenschein, Willi | 1966 |
| 50,40 | Venth, André        | 1966 |
| 50,82 | Nellessen, Markus   | 1984 |
| 51,20 | Ackermann, Frank    | 1984 |
| 51,40 | Husch, Rainer       | 1973 |
| 51,66 | Schlesiona, David   | 2006 |
| 51,80 | Nellessen, Andreas  | 1985 |
| 51,80 | Jung, Wolfgang      | 1988 |
| 52,20 | Baluch, Bodo        | 1962 |
| 52,20 | Plötz, Christian    | 1967 |
| 52,20 | Höke, Robert        | 1970 |

### 800m

|         |                    |      |
|---------|--------------------|------|
| 1:50,35 | Nellessen, Andreas | 1988 |
| 1:54,06 | Nellessen, Markus  | 1984 |
| 1:54,80 | Jung, Wolfgang     | 1988 |
| 1:56,09 | Schellenberg, Jörg | 1989 |
| 1:57,20 | Baluch, Bodo       | 1962 |
| 1:57,20 | Venth, André       | 1962 |

|         |                  |      |
|---------|------------------|------|
| 1:57,20 | Coerd, Rüdiger   | 1975 |
| 1:58,40 | Gehrmann, Alfred | 1977 |
| 1:58,70 | Borges, Peter    | 1984 |
| 1:59,30 | Ackermann, Frank | 1984 |

### 1000m

|         |                    |      |
|---------|--------------------|------|
| 2:26,30 | Nellessen, Andreas | 1987 |
| 2:26,71 | Nellessen, Markus  | 1984 |
| 2:30,40 | Pallen, Georg      | 1990 |
| 2:31,10 | Jung, Wolfgang     | 1986 |
| 2:32,10 | Coerd, Rüdiger     | 1975 |
| 2:33,00 | Offermann, Elmar   | 1977 |
| 2:35,20 | Gehrmann, Alfred   | 1977 |
| 2:36,00 | Baluch, Bodo       | 1962 |
| 2:36,00 | Schellenberg, Jörg | 1989 |
| 2:36,30 | Venth, André       | 1961 |

### 1500m

|         |                    |      |
|---------|--------------------|------|
| 3:54,80 | Nellessen, Andreas | 1987 |
| 3:55,06 | Nellessen, Markus  | 1984 |
| 3:56,87 | Palm, Georg        | 1990 |
| 4:01,00 | Coerd, Rüdiger     | 1975 |
| 4:05,00 | Gehrmann, Alfred   | 1977 |
| 4:06,10 | Beifuß, Michael    | 1985 |
| 4:06,50 | Balliel, Klaus     | 1977 |
| 4:07,10 | Jung, Wolfgang     | 1987 |
| 4:08,20 | Offermann, Elmar   | 1977 |
| 4:10,06 | Schellenberg, Jörg | 1989 |

### 3000m

|         |                    |      |
|---------|--------------------|------|
| 8:22,87 | Nellessen, Andreas | 1986 |
| 8:43,80 | Nellessen, Markus  | 1984 |
| 8:44,91 | Beifuß, Michael    | 1985 |
| 8:48,10 | Balliel, Klaus     | 1978 |
| 8:48,20 | Bonni, Christoph   | 1988 |
| 8:59,20 | Offermann, Elmar   | 1977 |
| 9:00,20 | Coerd, Rüdiger     | 1975 |
| 9:09,20 | Hondorf, Friedel   | 1957 |
| 9:09,20 | Geiger, Jürgen     | 1976 |
| 9:19,00 | Gehrmann, Alfred   | 1976 |

### 5000m

|          |                    |      |
|----------|--------------------|------|
| 15:12,44 | Beifuß, Michael    | 1985 |
| 15:14,10 | Palm, Georg        | 1990 |
| 15:46,80 | Balliel, Klaus     | 1978 |
| 15:47,40 | Nellessen, Markus  | 1983 |
| 15:47,90 | Nellessen, Andreas | 1985 |
| 15:50,60 | Offermann, Elmar   | 1977 |

|          |                    |      |
|----------|--------------------|------|
| 16:13,90 | Gehrmann, Alfred   | 1977 |
| 16:14,20 | Gutbrod, Robin     | 1983 |
| 16:14,90 | Windmüller, Thomas | 1980 |
| 16:17,40 | Reinhold, Max      | 1984 |

### **10000m**

|          |                 |      |
|----------|-----------------|------|
| 32:10,00 | Beifuß, Michael | 1985 |
| 34:35,90 | Reinhold, Max   | 1984 |
| 37:10,00 | Königs, Thomas  | 1984 |

### **10 km**

|       |                  |      |
|-------|------------------|------|
| 37:44 | Gebremael Semere | 2017 |
|-------|------------------|------|

### **25000**

|         |               |      |
|---------|---------------|------|
| 1:45:46 | Reinhold, Max | 1983 |
|---------|---------------|------|

### **110m Hürden**

|       |                       |      |
|-------|-----------------------|------|
| 17,40 | Husch, Rainer         | 1973 |
| 18,60 | Coerd, Rüdiger        | 1974 |
| 19,00 | Vondendriesch, Dieter | 1974 |
| 19,90 | Thewes, Rainer        | 1971 |

### **400m Hürden**

|       |                       |      |
|-------|-----------------------|------|
| 56,54 | Leonhards, Björn      | 1984 |
| 57,00 | Nellessen, Markus     | 1983 |
| 60,10 | Ackermann, Frank      | 1984 |
| 60,30 | Coerd, Rüdiger        | 1975 |
| 60,66 | Palm, Georg           | 1990 |
| 61,45 | Bahnen, Achim         | 1984 |
| 61,80 | Reul, Volker          | 1979 |
| 63,60 | Böhland, Wolfgang     | 1972 |
| 66,00 | Kochanowski, Erik     | 1976 |
| 67,09 | Lefringhausen, Robert | 2014 |

### **1500m Hindernis**

|        |                 |      |
|--------|-----------------|------|
| 4:45,7 | Mählmann, Peter | 1964 |
|--------|-----------------|------|

### **2000m Hindernis**

|         |                    |      |
|---------|--------------------|------|
| 5:52,59 | Palm, Georg        | 1990 |
| 5:59,44 | Nellessen, Markus  | 1984 |
| 6:09,30 | Offermann, Elmar   | 1977 |
| 6:12,00 | Balliel, Klaus     | 1978 |
| 6:17,80 | Windmüller, Thomas | 1980 |
| 6:25,70 | Beifuß, Michael    | 1985 |

|         |                 |      |
|---------|-----------------|------|
| 6:35,50 | Gutbrod, Robin  | 1982 |
| 6:38,50 | Kalz, Hubert    | 1982 |
| 6:39,10 | Schiro, Andreas | 1980 |
| 6:42,20 | Geiger, Jürgen  | 1975 |

### **3000m Hindernis**

|          |                |      |
|----------|----------------|------|
| 10:11,90 | Kalz, Hubert   | 1982 |
| 10:24,70 | Gutbrod, Robin | 1982 |

### **Hochsprung**

|      |                   |      |
|------|-------------------|------|
| 1,96 | Franken, Günter   | 1980 |
| 1,86 | Klein, Michael    | 1976 |
| 1,85 | Nellessen, Markus | 1983 |
| 1,85 | Kastner, Christof | 1998 |
| 1,83 | Siege, Ludwig     | 1967 |
| 1,81 | Siege, Hannes     | 1967 |
| 1,81 | Seip, Udo         | 1974 |
| 1,80 | Hein, Hans-Josef  | 1967 |
| 1,77 | Vuckovic, Michael | 1970 |
| 1,75 | Schönheid, Martin | 1976 |
| 1,75 | Audi, Thomas      | 1983 |
| 1,75 | Erfurt, Frank     | 1986 |

### **Weitsprung**

|      |                        |      |
|------|------------------------|------|
| 6,74 | Dautzenberg, Jens      | 1991 |
| 6,73 | Merschen, Toni         | 1970 |
| 6,66 | Seip, Udo              | 1974 |
| 6,57 | Bayer, Sebastian       | 2002 |
| 6,49 | Klein, Michael         | 1976 |
| 6,47 | Ackermann, Frank       | 1983 |
| 6,46 | Plötz, Christian       | 1967 |
| 6,38 | Müller-Schulte, Detlef | 1965 |
| 6,33 | Sonnenschein, Willi    | 1966 |
| 6,33 | Hein, Hans-Josef       | 1973 |
| 6,33 | Kohlen, Georg          | 1973 |

### **Stabhochsprung**

|      |                   |      |
|------|-------------------|------|
| 3,10 | Linder, Christian | 1979 |
| 2,90 | Reul, Volker      | 1978 |
| 2,60 | Kalff, Rolf       | 1969 |
| 2,50 | Siege, Ludwig     | 1967 |

### **Dreisprung**

|       |                        |      |
|-------|------------------------|------|
| 14,12 | Hein, Hans-Josef       | 1967 |
| 12,78 | Müller-Schulte, Detlef | 1965 |
| 12,68 | Dorschu, Günter        | 1963 |

|       |                     |      |
|-------|---------------------|------|
| 12,62 | Reul, Volker        | 1978 |
| 12,61 | Merschen, Toni      | 1970 |
| 12,53 | Paffen, Rainer      | 1963 |
| 12,45 | Nellessen, Markus   | 1983 |
| 12,41 | Leonards, Björn     | 1984 |
| 12,29 | Sonnenschein, Willi | 1966 |
| 12,17 | Windelen, Georg     | 1966 |

### **Hammerwurf (6,25kg)**

|       |                        |      |
|-------|------------------------|------|
| 35,91 | Siege, Ludwig          | 1967 |
| 27,61 | Dautzenberg, Adi       | 1964 |
| 23,36 | Hein, Hans-Josef       | 1967 |
| 21,48 | Dorschu, Günter        | 1963 |
| 20,01 | Müller-Schulte, Detlef | 1965 |

### **Kugelstoßen (6,25kg)**

|       |                        |      |
|-------|------------------------|------|
| 12,83 | Hein, Hans-Josef       | 1967 |
| 12,30 | Windelen, Georg        | 1967 |
| 12,06 | Seip, Udo              | 1975 |
| 12,02 | Sonnenschein, Willi    | 1966 |
| 11,94 | Siege, Ludwig          | 1967 |
| 11,94 | Mühlen, Uwe            | 1972 |
| 11,85 | Müller-Schulte, Detlef | 1965 |
| 11,93 | Görner, Lutz           | 1963 |
| 11,71 | Kalff, Rolf            | 1969 |
| 11,50 | Siege, Hannes          | 1966 |

### **Diskuswurf (1,75kg)**

|       |                   |      |
|-------|-------------------|------|
| 37,22 | Dautzenberg, Adi  | 1964 |
| 36,00 | Hein, Hans-Josef  | 1967 |
| 35,56 | Seip, Udo         | 1974 |
| 35,22 | Windelen, Georg   | 1968 |
| 35,12 | Siege, Ludwig     | 1967 |
| 35,08 | Kalff, Rolf       | 1969 |
| 35,03 | Merschen, Rüdiger | 1968 |
| 34,81 | Dorschu, Günter   | 1962 |
| 34,68 | Görner, Lutz      | 1963 |
| 33,91 | Siege, Hannes     | 1967 |

### **Speerwurf (800g)**

|       |                        |      |
|-------|------------------------|------|
| 61,92 | Seip, Udo              | 1974 |
| 52,23 | Hein, Hans-Josef       | 1967 |
| 45,72 | Erfurt, Frank          | 1986 |
| 45,30 | Müller-Schulte, Detlef | 1965 |
| 44,08 | Baluch, Bodo           | 1962 |
| 43,72 | Dorschu, Günter        | 1962 |
| 43,26 | Dautzenberg, Jens      | 1992 |
| 42,14 | Linder, Christian      | 1980 |

|       |                   |      |
|-------|-------------------|------|
| 40,22 | Höhe, Robert      | 1970 |
| 38,84 | Schönheid, Martin | 1978 |

## **Fünfkampf**

100m – Weitsprung – Kugel – Hoch – 1000m

|                                      |                   |      |
|--------------------------------------|-------------------|------|
| 6125 P.                              | Nellessen, Markus | 1984 |
| 11,60 – 6,14 – 8,83 – 1,85 – 2:37,90 |                   |      |

|                                       |                     |      |
|---------------------------------------|---------------------|------|
| 6114 P.                               | Sonnenschein, Willi | 1966 |
| 11,30 – 6,30 – 12,02 – 1,60 – 2:46,90 |                     |      |

|                                      |                  |      |
|--------------------------------------|------------------|------|
| 5779 P.                              | Ackermann, Frank | 1983 |
| 12,00 – 5,90 – 9,42 – 1,70 – 2:47,60 |                  |      |

|                                       |              |      |
|---------------------------------------|--------------|------|
| 5742 P.                               | Venth, André | 1962 |
| 11,80 – 5,52 – 10,21 – 1,56 – 2:40,30 |              |      |

|                                       |                 |      |
|---------------------------------------|-----------------|------|
| 5723 P.                               | Dorschu, Günter | 1963 |
| 11,90 – 5,94 – 10,06 – 1,60 – 2:50,80 |                 |      |

|                                      |              |      |
|--------------------------------------|--------------|------|
| 5649 P.                              | Audi, Thomas | 1984 |
| 12,00 – 5,68 – 7,99 – 1,70 – 2:44,70 |              |      |

|                                       |             |      |
|---------------------------------------|-------------|------|
| 5623 P.                               | Mühlen, Uwe | 1971 |
| 11,90 – 5,87 – 11,29 – 1,63 – 3:11,30 |             |      |

|                                      |                 |      |
|--------------------------------------|-----------------|------|
| 5588 P.                              | Franken, Günter | 1980 |
| 12,30 – 5,95 – 7,56 – 1,96 – 3:07,20 |                 |      |

|                                      |                   |      |
|--------------------------------------|-------------------|------|
| 5554 P.                              | Tinnemann, Dieter | 1966 |
| 11,90 – 5,75 – 9,69 – 1,65 – 3:05,30 |                   |      |

|                                      |               |      |
|--------------------------------------|---------------|------|
| 5525 P.                              | Husch, Rainer | 1972 |
| 12,10 – 5,90 – 8.87 – 1,45 – 2:42,90 |               |      |

## **Zehnkampf**

1. Tag: 100m – Weit – Kugel – Hoch – 1000m

2. Tag: 110m Hürden – Diskus – Stabhoch – Speer – 400m

|   |             |      |
|---|-------------|------|
| 9527 P.   | Koch, Guido | 1983 |
| 12,10 – 4,82 – 7,69 – 1,46 – 3:19,30 – 23,30 – 23,94 – 2,30 – 32,08 – 60,30 |             |      |

|   |                 |      |
|---|-----------------|------|
| 8800 P.   | Franken, Dieter | 1983 |
| 12,60 – 5,00 – 8,44 – 1,70 – 2:58,60 – 21,40 – 18,36 – o.g.V. - 18,78 – 58,30 |                 |      |