

## „Ewige“ Bestenliste - Männer

### 100m

|       |                   |      |
|-------|-------------------|------|
| 10,60 | Havenith, Lothar  | 1079 |
| 10,80 | Goebel, Horst     | 1966 |
| 10,80 | Cremer, Heinz     | 1984 |
| 10,90 | Dettinger, Walter | 1974 |
| 10,97 | Dautzenberg, Jens | 1994 |
| 11,00 | Piefer, Bernd     | 1963 |
| 11,00 | Plötz, Christian  | 1968 |
| 11,00 | Bock, Alwin       | 1969 |
| 11,00 | Höke, Robert      | 1979 |
| 11,00 | Koch, Bernd       | 1984 |

### 200m

|       |                    |      |
|-------|--------------------|------|
| 21,70 | Havenith, Lothar   | 1979 |
| 21,79 | Dautzenberg, Jens  | 1997 |
| 21,80 | Cremer, Heinz      | 1984 |
| 22,13 | Knitsch, Alexander | 1999 |
| 22,20 | Goebel, Horst      | 1967 |
| 22,20 | Dettinger, Walter  | 1973 |
| 22,40 | Höke, Robert       | 1979 |
| 22,50 | Koch, Bernd        | 1984 |
| 22,60 | Hillebrand, Willi  | 1959 |
| 22,71 | Motter, Michael    | 1996 |

### 400m

|       |                     |      |
|-------|---------------------|------|
| 45,97 | Dautzenberg, Jens   | 1997 |
| 47,09 | Knitsch, Alexander  | 1998 |
| 48,50 | Ackermann, Roland   | 1983 |
| 48,80 | Fritsch, Uwe        | 1987 |
| 48,90 | Schellenberg, Heinz | 1965 |
| 49,12 | Kremer, Heinz       | 1984 |
| 49,00 | Goebel, Horst       | 1967 |
| 49,40 | Venth, André        | 1964 |
| 49,50 | Bachmann, Dieter    | 1962 |
| 49,60 | Sonnenschein, Willi | 1966 |

### 800m

|         |                     |      |
|---------|---------------------|------|
| 1:48,94 | Dautzenberg, Jens   | 1997 |
| 1:49,15 | Nellessen, Andreas  | 1989 |
| 1:49,50 | Schellenberg, Heinz | 1970 |
| 1:52,00 | Fritsch, Uwe        | 1987 |
| 1:52,20 | Venth, André        | 1964 |
| 1:52,50 | Hamacher, Karl      | 1962 |
| 1:52,50 | Ackermann, Roland   | 1983 |
| 1:52,90 | Treckmann, Albert   | 1960 |
| 1:53,10 | Bachmann, Dieter    | 1962 |
| 1:53,20 | Huppertz, Werner    | 1976 |

### **1000m**

|         |                     |      |
|---------|---------------------|------|
| 2:24,08 | Nellessen, Andreas  | 1989 |
| 2:24,10 | Schellenberg, Heinz | 1970 |
| 2:24,30 | Hamacher, Karl      | 1961 |
| 2:24,30 | Tubes, Andreas      | 1984 |
| 2:26,50 | Baluch, Peter       | 1971 |
| 2:26,70 | Baluch, Ewald       | 1959 |
| 2:26,71 | Nellessen, Markus   | 1985 |
| 2:26,80 | Venth, André        | 1964 |
| 2:28,70 | Treckmann, Albert   | 1957 |
| 2:28,80 | Fritsch, Uwe        | 1987 |

### **1500m**

|         |                     |      |
|---------|---------------------|------|
| 3:45,04 | Nellessen, Andreas  | 1989 |
| 3:48,30 | Tubes, Andreas      | 1984 |
| 3:50,50 | Hamacher, Karl      | 1966 |
| 3:52,50 | Baluch, Ewald       | 1959 |
| 3:52,80 | Schellenberg, Heinz | 1970 |
| 3:53,00 | Peeters, Paul       | 1971 |
| 3:53,40 | Baluch, Peter       | 1971 |
| 3:54,40 | Gönner, Udo         | 1965 |
| 3:55,00 | Coerd, Rüdiger      | 1979 |
| 3:55,06 | Nellessen, Markus   | 1984 |

### **3000m**

|         |                     |      |
|---------|---------------------|------|
| 8:16,60 | Peeters, Paul       | 1971 |
| 8:21,06 | Nellessen, Andreas  | 1989 |
| 8:23,85 | Tubes, Andreas      | 1984 |
| 8:26,60 | Hamacher, Karl      | 1966 |
| 8:29,94 | Moll, Harald        | 1987 |
| 8:31,20 | Jansen, Willibert   | 1964 |
| 8:31,33 | Scheeren, Willi     | 1970 |
| 8:31,40 | Schellenberg, Heinz | 1970 |
| 8:35,42 | Hegmann, Herbert    | 1982 |
| 8:35,60 | Quack, Gerd         | 1973 |

### **5000m**

|          |                      |      |
|----------|----------------------|------|
| 14:20,00 | Peeters, Paul        | 1973 |
| 14:37,97 | Moll, Harald         | 1989 |
| 14:44,60 | Schäfer, Ralf Dr.    | 1980 |
| 14:46,07 | Kriescher, Siegfried | 1991 |
| 14:47,00 | Hamacher, Karl       | 1966 |
| 14:48,80 | Jansen, Willibert    | 1964 |
| 14:53,50 | Hegmann, Herbert     | 1982 |
| 14:54,20 | Nieven, Jak          | 1971 |
| 14:59,80 | Riede, Dietmar       | 1973 |
| 15:00,40 | Quack, Gerd          | 1974 |

### **10000m**

|          |                   |      |
|----------|-------------------|------|
| 29:46,20 | Peeters, Paul     | 1973 |
| 30:58,60 | Hegmann, Herbert  | 1982 |
| 31:10,80 | Riede, Dietmar    | 1972 |
| 31:15,20 | Holzapfel, Rupert | 1982 |
| 31:20,00 | Görlach, Udo      | 1971 |
| 31:28,90 | Schäfer, Ralf Dr. | 1980 |
| 31:29,20 | Jansen, Willibert | 1963 |
| 31:31,40 | Nieven, Jak       | 1970 |
| 31:42,40 | Scheeren, Willi   | 1989 |
| 31:46,80 | Moll, Harald      | 1989 |

### **25000m**

|         |                   |      |
|---------|-------------------|------|
| 1:20:48 | Peeters, Paul     | 1972 |
| 1:24:12 | Krott, Dieter     | 1971 |
| 1:24:36 | Holzapfel, Rupert | 1982 |
| 1:26:57 | Höster, Dietmar   | 1988 |
| 1:27:00 | Hegmann, Herbert  | 1981 |
| 1:29:40 | Görlach, Udo      | 1972 |
| 1:33:45 | Servas, Josef     | 1979 |
| 1:33:47 | Schwalen, Hans    | 1979 |
| 1:34:20 | Hamacher, Karl    | 1973 |
| 1:37:29 | Diel, Rainer      | 1982 |

### **Halbmarathon (ab dem Jahr 2000)**

|         |                           |      |
|---------|---------------------------|------|
| 1:18:19 | Königs, Tomm              | 2017 |
| 1:21:33 | Genick-Giammariano, Raoul | 2009 |
| 1:22:22 | Stüber, Gerald            | 2010 |
| 1:24:15 | Leers, Michael            | 2007 |
| 1:24:20 | Thelen, Bernhard          | 2007 |
| 1:25:02 | Schwartz, Hans-Jürgen     | 2010 |
| 1:26:03 | Schimitzek, Sven          | 2009 |
| 1:26:32 | Schwan, Guido             | 2012 |
| 1:27:19 | Strunk, Malte             | 2009 |
| 1:27:44 | Isaac, Dirk               | 2011 |

### **Marathon**

|         |                   |      |
|---------|-------------------|------|
| 2:20:54 | Peeters, Paul     | 1972 |
| 2:27:20 | Görlach, Udo      | 1972 |
| 2:29:16 | Riede, Dietmar    | 1972 |
| 2:33:41 | Höster, Dietmar   | 1988 |
| 2:35:07 | Holzapfel, Rupert | 1982 |
| 2:40:34 | Effenberg, Günter | 1967 |
| 2:41:35 | Krott, Dieter     | 1971 |
| 2:49:16 | Diel, Rainer      | 1982 |
| 2:50:36 | Hamacher, Karl    | 1971 |

2:54:47                      Königs, Tom                      2016

### **110m Hürden**

|       |                      |      |
|-------|----------------------|------|
| 14,00 | Frangos, Nicos       | 1985 |
| 15,20 | Ortmanns, Günter     | 1971 |
| 15,80 | Haugland, Terje      | 1976 |
| 16,10 | Hoffmann, Lutz       | 1967 |
| 16,40 | de Oliveira, Ricardo | 1986 |
| 16,70 | Holtkamp, Bernd      | 1965 |
| 16,80 | Piefer, Bernd        | 1964 |
| 16,90 | Kreitz, Walter       | 1965 |
| 16,90 | Ritz, Sebastian      | 1965 |
| 16,90 | Leonards, Björn      | 1987 |

### **400m Hürden**

|       |                      |      |
|-------|----------------------|------|
| 56,54 | Leonards, Björn      | 1984 |
| 56,60 | Hoffmann, Lutz       | 1967 |
| 57,00 | Nellessen, Marcus    | 1983 |
| 57,09 | de Oliveira, Ricardo | 1984 |
| 57,80 | Coerdts, Rüdiger     | 1982 |
| 57,90 | Piefer, Bernd        | 1964 |
| 57,90 | Ortmanns, Günter Dr. | 1974 |
| 59,90 | Mählmann, Peter      | 1966 |
| 60,10 | Schellenberg, Heinz  | 1975 |
| 60,10 | Ackermann, Frank     | 1984 |

### **3000m Hindernis**

|         |                      |      |
|---------|----------------------|------|
| 9:10,60 | Nieven, Jac          | 1970 |
| 9:11,20 | Jansen, Willibert    | 1964 |
| 9:16,08 | Palm, Georg          | 1991 |
| 9:25,30 | Coerdts, Rüdiger     | 1984 |
| 9:28,58 | Holzapfel, Rupert    | 1982 |
| 9:28,80 | Görlach, Udo         | 1970 |
| 9:31,73 | Kalz, Hubert         | 1985 |
| 9:34,20 | Hegmann, Herbert     | 1982 |
| 9:45,01 | Kriescher, Siegfried | 1991 |
| 9:50,10 | Geiger, Jürgen       | 1978 |

### **5000m Gehen (ab dem Jahr 2000)**

|          |                      |      |
|----------|----------------------|------|
| 23:02,89 | Strunk, Malte        | 2012 |
| 23:10,96 | Holtermann, Matthias | 2012 |
| 23:23,48 | Gaus, Peter          | 2003 |
| 25:16,96 | Brämer, Ulrich       | 2010 |
| 25:20,93 | Ruppert, Jan         | 2009 |
| 25:41,00 | Schumm, Peter        | 1990 |
| 28:42,97 | Münster, Udo         | 2014 |
| 31:07,13 | Maichin, Richard     | 2013 |
| 31:49,33 | Bauer, Joachim       | 2013 |

|          |                |      |
|----------|----------------|------|
| 31:56,60 | Slevogt, Peter | 2011 |
|----------|----------------|------|

### **10000 Gehen**

|          |                      |      |
|----------|----------------------|------|
| 48:15,60 | Struck, Malte        | 2012 |
| 48:26,71 | Holtermann, Matthias | 2012 |
| 48:47,00 | Gaus, Peter          | 2003 |
| 51:13,80 | Schumm, Peter        | 1993 |
| 51:49,10 | Boos, Vasilij        | 2005 |
| 52:00,70 | Boos, Vadim          | 2005 |
| 52:58,10 | Ruppert, Jan         | 2009 |
| 55:14,00 | Maichin, Richard     | 1992 |
| 56:20,76 | Brämer, Ulrich       | 2010 |
| 58:02,40 | Sonnenschein, Günter | 1993 |

### **10km Straßengehen**

|       |                      |      |
|-------|----------------------|------|
| 47:16 | Gaus, Peter          | 2003 |
| 47:27 | Strunk, Malte        | 2011 |
| 49:22 | Holtermann, Matthias | 2012 |
| 49:43 | Hallmann, Heinz W.   | 1959 |
| 50:41 | Gaus, Hans           | 2005 |
| 51:51 | Boos, Vasilij        | 2005 |
| 51:55 | Schumm, Peter        | 1986 |
| 52:01 | Ruppert, Jan         | 2010 |
| 52:26 | Vlüggen, Gerold      | 1986 |
| 52:28 | Boos, Vadim          | 2005 |
| 53:47 | Erfurt, Frank        | 1986 |

### **20km Gehen**

|           |                      |      |
|-----------|----------------------|------|
| 1:39:33,5 | Strunk, Malte        | 2012 |
| 1:39:41,1 | Holtermann, Matthias | 2012 |
| 1:40:21   | Gaus, Peter          | 2003 |
| 1:44:30   | Vlüggen, Gerold      | 1987 |
| 1:46:52   | Schumm, Peter        | 1993 |
| 1:47:33   | Gaus, Hans           | 2005 |
| 1:49:49   | Boos, Vadim          | 2005 |
| 1:50:40   | Boos, Vasilij        | 2005 |
| 1:50:55   | Ruppert, Jan         | 2005 |
| 1:51:51   | Dorscheid, Dietmar   | 1986 |

### **50km Straßengehen**

|         |                      |      |
|---------|----------------------|------|
| 4:51:49 | Vlüggen, Gerold      | 1987 |
| 4:58:54 | Holtermann, Matthias | 2011 |
| 5:06:09 | Dorscheid, Dietmar   | 1987 |
| 5:30:22 | Neubacher, Herbert   | 1991 |
| 5:33:23 | Plotzke, Dieter      | 1987 |
| 6:10:27 | Frank, Wilhelm       | 1986 |

## Hochsprung

|      |                     |      |
|------|---------------------|------|
| 2,12 | Frangos, Nicos      | 1982 |
| 2,00 | Franken, Günter     | 1082 |
| 1,97 | Haugland, Terje     | 1964 |
| 1,92 | Wiesemann, Klaus    | 1971 |
| 1,91 | Hein, Hans-Josef    | 1972 |
| 1,86 | Klein, Michael      | 1976 |
| 1,85 | Mirbach, Karl-Heinz | 1970 |
| 1,85 | Nellessen, Markus   | 1983 |
| 1,84 | Kastner, Christoph  | 1994 |
| 1,83 | Siege, Ludwig       | 1967 |

## Weitsprung

|      |                   |      |
|------|-------------------|------|
| 7,27 | Schmole, Mathias  | 1971 |
| 7,21 | Hein, Hans-Josef  | 1971 |
| 7,09 | Haugland, Terje   | 1966 |
| 6,89 | Müller, Reiner    | 1972 |
| 6,79 | Lieb, Harald      | 1961 |
| 6,73 | Merschen, Toni    | 1970 |
| 6,66 | Hoffmann, Lutz    | 1967 |
| 6,66 | Seip, Udo         | 1974 |
| 6,59 | Förster, Eberhard | 1970 |
| 6,57 | Bayer, Sebastian  | 2002 |

## Stabhochsprung

|      |                      |      |
|------|----------------------|------|
| 4,10 | Tocha, Ralf          | 1971 |
| 4,00 | Hagemann, Burghardt  | 1971 |
| 4,00 | Ortmanns, Dünter Dr. | 1971 |
| 3,80 | Sturm, Karl          | 2015 |
| 3,73 | Kreitz, Walter       | 1966 |
| 3,60 | Bresemeyer, Jürgen   | 1965 |
| 3,51 | Hasenbein, Jürgen    | 1966 |
| 3,50 | Hoffmann, Lutz       | 1969 |
| 3,50 | Frangos, Nicos       | 1985 |
| 3,35 | Laufenberg, Peter    | 1964 |

## Dreisprung

|       |                        |      |
|-------|------------------------|------|
| 14,39 | Frangos, Nicos         | 1983 |
| 14,34 | Hein, Hans-Josef       | 1969 |
| 13,59 | Kaiser, Horst          | 1960 |
| 13,44 | Lieb, Harald           | 1961 |
| 13,40 | Franken, Günter        | 1982 |
| 13,06 | Bresemeyer, Jürgen     | 1965 |
| 13,03 | Piefer, Bernd          | 1963 |
| 13,01 | Fliegen, Peter         | 1971 |
| 12,78 | Müller-Schulte, Detlef | 1965 |
| 12,77 | Fähnrich, Walter       | 1968 |

## **Kugelstoßen**

|       |                        |      |
|-------|------------------------|------|
| 14,12 | Hein, Hans-Josef       | 1971 |
| 14,08 | Lucke, Michael         | 1965 |
| 13,26 | Eigen, Burghard        | 1964 |
| 13,26 | Theißen, Helmut        | 1966 |
| 13,00 | Breuer, Klaus          | 1967 |
| 12,97 | Hagemann, Burghardt    | 1971 |
| 12,91 | Schönborn, Hans-Dieter | 1964 |
| 12,88 | Schmidt, Paul          | 1971 |
| 12,88 | Dahmen, Heinz          | 1973 |
| 12,60 | Wallner, Klaus         | 1973 |

## **Hammerwurf**

|       |                        |      |
|-------|------------------------|------|
| 38,61 | Schönborn, Hans-Dieter | 1965 |
| 33,40 | Beckers, Det           | 2012 |
| 22,43 | Leisten, Günter        | 1982 |
| 19,82 | Geller, Manfred        | 1982 |
| 19,70 | Bresemeyer, Jürgen     | 1967 |

## **Diskuswurf**

|       |                   |      |
|-------|-------------------|------|
| 48,38 | Theißen, Helmut   | 1972 |
| 43,38 | Hein, Hans-Josef  | 1971 |
| 39,34 | Dahmen, Heinz     | 1972 |
| 38,81 | Breuer, Klaus     | 1967 |
| 38,59 | Eigen, Burghard   | 1965 |
| 38,45 | Dauzenberg, Willi | 1962 |
| 38,43 | Lucke, Michael    | 1964 |
| 38,10 | Könntgen, Niels   | 2002 |
| 37,42 | Wallner, Klaus    | 1973 |
| 37,14 | Adora, Nico       | 1960 |

## **Speerwurf**

|       |                      |      |
|-------|----------------------|------|
| 66,94 | Czichowsky, Wolfgang | 1973 |
| 63,38 | Hein, Hans-Josef     | 1972 |
| 61,92 | Seip, Udo            | 1974 |
| 60,87 | Dahmen, Heinz        | 1969 |
| 59,15 | Bresemeyer, Jürgen   | 1966 |
| 57,90 | Körper, Alfred       | 1963 |
| 56,60 | Könntgen, Niels      | 2002 |
| 54,47 | Eigen, Burghard      | 1964 |
| 54,43 | Littmann, Udo        | 1967 |
| 53,30 | Schmidt, Rolf        | 1959 |

### **Fünfkampf (Weit-Speer-200-Diskus-1.500)**

|  |                      |      |
|--|----------------------|------|
| 3107 P.                                | Venth, André         | 1966 |
| 5,94 – 41,96 – 22,80 – 34,06 – 4:18,02 |                      |      |
| 3049 P.                                | Bresemeister, Jürgen | 1967 |
| 6,35 – 56,01 – 24,30 – 32,45 – 4:42,50 |                      |      |
| 2985 P.                                | Hein, Hans-Josef     | 1968 |
| 6,94 – 56,08 – 24,60 – 35,18 – 5:24,00 |                      |      |
| 2975 P.                                | Holtkamp, Bernd      | 1965 |
| 6,50 – 41,32 – 23,20 – 27,69 – 4:26,90 |                      |      |
| 2974 P.                                | Ortmanns, Günter Dr. | 1973 |
| 6,43 – 47,36 – 23,70 – 34,68 – 4:56,10 |                      |      |
| 2901 P.                                | Hoffmann, Lutz       | 1967 |
| 6,33 – 41,17 – 24,20 – 28,57 – 4:21,50 |                      |      |
| 2890 P.                                | Kreitz, Walter       | 1965 |
| 6,19 – 43,59 – 23,60 – 32,35 – 4:45,40 |                      |      |
| 2821 P.                                | Kunze, Eckard        | 1965 |
| 6,00 – 41,44 – 24,20 – 32,23 – 4:35,20 |                      |      |
| 2770 P.                                | Lienke, Volker       | 1965 |
| 6,06 – 40,73 – 24,10 – 31,13 – 4:41,30 |                      |      |
| 2727 P.                                | Piefer, Bernd        | 1963 |
| 5,90 – 36,77 – 22,90 – 26,16 – 4:32,90 |                      |      |

### **Zehnkampf (100-Weit-Kugel-Hoch-400 / 110h-Diskus-Stab-Speer-1.500)**

|  |                      |      |
|--|----------------------|------|
| 6227 P.  | Ortmanns, Günter Dr. | 1971 |
| 11,70 – 6,46 – 11,19 – 1,65 – 54,60 – 15,50 – 33,92 – 3,80 – 48,21 – 4:51,20 |                      |      |
| 5768 P.  | Kreitz, Walter       | 1965 |
| 11,40 – 6,27 – 10,58 – 1,55 – 52,60 – 16,90 – 33,45 – 3,20 – 39,39 – 4:49,90 |                      |      |
| 5763 P.  | Holtkamp, Bernd      | 1965 |
| 11,40 – 6,42 – 10,04 – 1,78 – 51,60 – 16,70 – 27,47 – 2,70 – 37,57 – 4:43,20 |                      |      |
| 5611 P.  | Hoffmann, Lutz       | 1967 |
| 11,80 – 6,57 – 10,03 – 1,50 – 51,80 – 16,50 – 24,87 – 3,00 – 34,89 – 4:17,00 |                      |      |
| 5606 P.  | Bresemeister, Jürgen | 1966 |
| 12,10 – 6,10 – 11,64 – 1,50 – 54,70 – 17,40 – 32,49 – 3,43 – 50,15 – 5:02,90 |                      |      |
| 5156 P.  | Venth, André         | 1971 |
| 11,70 – 5,88 – 10,70 – 1,60 – 53,00 – 21,20 – 34,07 – 2,42 – 39,42 – 4:47,00 |                      |      |



4938 P. Coerd, Rüdiger 1981  
12,30 – 5,27 – 8,08 – 1,66 – 53,40 – 17,90 – 23,64 – 2,70 – 35,37 – 4:15,60

4397 P. Leisten, Günter 1971  
12,50 – 5,41 – 9,12 – 1,60 – 56,10 – 21,70 – 24,35 – 2,30 – 41,02 – 4:48,80