

Männer – M30

100 m

| | | |
|-------|-----------------|------|
| 11,49 | Hohnen, Rolf | 2001 |
| 12,21 | Motter, Michael | 2002 |
| 12,25 | Fischer, Thomas | 2007 |
| 12,31 | Hohnen, Rolf | 2004 |

200 m

| | | |
|-------|-----------------|------|
| 23,38 | Hohnen, Rolf | 2001 |
| 24,56 | Fischer, Thomas | 2004 |

400 m

| | | |
|-------|----------------------|------|
| 51,53 | Michalewicz, Andreas | 2000 |
|-------|----------------------|------|

800 m

| | | |
|---------|--------------|------|
| 2:24,88 | Vogt, Harald | 2003 |
|---------|--------------|------|

1500 m

| | | |
|---------|--------------|------|
| 4:57,92 | Vogt, Harald | 2003 |
|---------|--------------|------|

3000 m

| | | |
|----------|-------------------|------|
| 10:15,38 | Decker, Christian | 2012 |
| 10:34,52 | Vogt, Harald | 2003 |
| 10:52,82 | Schimitzek, Sven | 2009 |

5000 m

| | | |
|----------|----------------------|------|
| 18:27,69 | Werthmüller, Philipp | 2011 |
| 18:44,13 | Vogt, Harald | 2001 |
| 18:46,63 | Strunk, Malte | 2009 |
| 18:48,83 | Schimitzek, Sven | 2009 |

10000 m

| | | |
|----------|------------------|------|
| 39:02,58 | Vogt, Harald | 2001 |
| 39:36,38 | Schimitzek, Sven | 2009 |

10 km

| | | |
|-------|----------------------|------|
| 36:51 | Leers, Michael | 2005 |
| 38:44 | Strunk, Malte | 2005 |
| 39:51 | Vogt, Harald | 2003 |
| 41:35 | Schicke, Thomas | 2011 |
| 41:36 | Holtermann, Matthias | 2014 |

| | | |
|-------|------------------|------|
| 42:24 | Schimitzek, Sven | 2009 |
| 49:29 | Ständer, Daniel | 2007 |

Halbmarathon

| | | |
|---------|------------------|------|
| 1:24:43 | Leers, Michael | 2004 |
| 1:26:03 | Schimitzek, Sven | 2009 |
| 1:27:19 | Strunk, Malte | 2009 |
| 1:30:03 | Vogt, Harald | 2003 |
| 1:38:52 | Korr, Thomas | 2008 |
| 1:45:38 | Bomble, Michael | 2005 |

5000 m Gehen

| | | |
|----------|----------------------|------|
| 23:10,96 | Holtermann, Matthias | 2012 |
| 24:12,84 | Strunk, Malte | 2003 |
| 25:20,93 | Ruppert, Jan | 2009 |

5km Straßengehen

| | | |
|-------|----------------------|------|
| 23:53 | Holtermann, Matthias | 2014 |
|-------|----------------------|------|

10000 m Gehen

| | | |
|----------|----------------------|------|
| 48:26,71 | Holtermann, Matthias | 2012 |
| 49:28,4 | Strunk, Malte | 2004 |
| 52:58,1 | Ruppert, Jan | 2009 |

10 km Straßengehen

| | | |
|-------|----------------------|------|
| 48:43 | Strunk, Malte | 2005 |
| 49:22 | Holtermann, Matthias | 2012 |
| 52:01 | Ruppert, Jan | 2010 |

20 km Gehen

| | | |
|-----------|----------------------|------|
| 1:39,41,1 | Holtermann, Matthias | 2012 |
| 1:42:50 | Strunk, Malte | 2004 |
| 1:50:55 | Ruppert, Jan | 2005 |
| 2:28:176 | Melchior, Stefan | 2006 |

30 km Straßengehen

| | | |
|---------|----------------------|------|
| 2:40:36 | Holtermann, Matthias | 2011 |
|---------|----------------------|------|

50 km Straßengehen

| | | |
|---------|----------------------|------|
| 4:58:54 | Holtermann, Matthias | 2011 |
|---------|----------------------|------|

Kugelstoßen (7,26 kg)

| | | |
|-------|---------------------|------|
| 11,42 | Blaszczyk, Bernhard | 2001 |
| 9,50 | Hohnen, Rolf | 2004 |

Diskuswurf (2 kg)

| | | |
|-------|---------------------|------|
| 34,12 | Blaszczyk, Bernhard | 2001 |
|-------|---------------------|------|

Männer – M35

100m

| | | |
|-------|--------------|------|
| 12,59 | Hauser, Jörg | 2011 |
|-------|--------------|------|

200m

| | | |
|-------|--------------|------|
| 25,48 | Hauser, Jörg | 2011 |
|-------|--------------|------|

400m

| | | |
|-------|---------------|------|
| 62,53 | Canu, Andreas | 2017 |
|-------|---------------|------|

800m

| | | |
|---------|---------------|------|
| 2:21,26 | Canu, Andreas | 2017 |
|---------|---------------|------|

1500m

| | | |
|---------|---------------|------|
| 5:10,53 | Canu, Andreas | 2017 |
|---------|---------------|------|

3000m

| | | |
|----------|---------------|------|
| 11:39,94 | Canu, Andreas | 2017 |
|----------|---------------|------|

5000m

| | | |
|----------|----------------|------|
| 17:41,23 | Leers, Michael | 2007 |
|----------|----------------|------|

| | | |
|----------|---------------|------|
| 18:46,63 | Strunk, Malte | 2009 |
|----------|---------------|------|

| | | |
|----------|---------------|------|
| 20:40,33 | Canu, Andreas | 2017 |
|----------|---------------|------|

10000m

| | | |
|----------|---------------|------|
| 43:53,47 | Canu, Andreas | 2016 |
|----------|---------------|------|

10 km

| | | |
|-------|-------------------|------|
| 36:31 | Nellessen, Markus | 2005 |
|-------|-------------------|------|

| | | |
|-------|----------------|------|
| 36:46 | Leers, Michael | 2007 |
|-------|----------------|------|

| | | |
|-------|-------------------|------|
| 38:54 | Strunk, Malte | 2009 |
| 40:41 | Wynands, Wolfgang | 2000 |
| 41:14 | Krüger, Udo | 2007 |
| 42:15 | Korr, Thomas | 2008 |
| 42:37 | Canu, Andreas | 2017 |
| 43:46 | Vogt, Harald | 2007 |
| 44:58 | Bröcheler, Anno | 2012 |
| 45:28 | Werner, Frank | 2009 |

Halbmarathon

| | | |
|---------|-----------------|------|
| 1:24:15 | Leers, Michael | 2007 |
| 1:27:19 | Strunk, Malte | 2009 |
| 1:37:44 | Stein, Edgar | 2002 |
| 1:38:33 | Korr, Thomas | 2007 |
| 1:40:11 | Soiron, Andreas | 2002 |

5000m Gehen

| | | |
|----------|---------------|------|
| 23:02,89 | Strunk, Malte | 2012 |
|----------|---------------|------|

5 km Straßengehen

| | | |
|-------|---------------|------|
| 23:31 | Strunk, Malte | 2012 |
|-------|---------------|------|

10000m Gehen

| | | |
|---------|---------------|------|
| 48:15,6 | Strunk, Malte | 2012 |
|---------|---------------|------|

10km Straßengehen

| | | |
|-------|----------------------|------|
| 47:27 | Strunk, Malte | 2011 |
| 51:36 | Holtermann, Matthias | 2017 |

20km Gehen

| | | |
|-----------|------------------|------|
| 1:39:33,5 | Strunk, Malte | 2012 |
| 1:44:30 | Vluggen, Gerold | 1987 |
| 2:03:31 | Melchior, Stefan | 2005 |

Männer – M40

100m

| | | |
|-------|--------------|------|
| 12,81 | Hauser, Jörg | 2012 |
|-------|--------------|------|

200m

| | | |
|-------|---------------|------|
| 27,61 | Gusewski, Jan | 2009 |
|-------|---------------|------|

400m

57,18 Gusewski, Jan 2009

800m

2:16,52 Gusewski, Jan 2009

3000m

10:48,73 Schwick, Björn 2008

11:06,82 Engemann, André 2012

11:43,80 Bitich, Bouchta 2009

12:03,58 Neumann, Frank 2011

5000m

18:46,15 Isaac, Dirk 2011

18:51,34 Engemann, André 2012

19:06,44 Schwick, Björn 2008

20:10,57 Neumann, Frank 2009

20:18,36 Bitich, Bouchta 2009

20:38,84 Gusewski, Jan 2009

20:38,99 Weiß, Wolfgang 2009

21:16,02 Wilden, Wolfgang 2009

10000m

40:23,48 Schwank, Guido 2009

41:24,75 Schwick, Björn 2009

10 km

38:00 Krüger, Udo 2008

38:55 Wynands, Wolfgang 2007

39:29 Isaak, Dirk 2010

39:59 Engemann, André 2012

40:18 Leers, Michael 2015

41:50 Neumann, Frank 2011

43:10 Werner, Frank 2011

50:47 Nitschke, Dirk 2012

Halbmarathon

1:25:00 Thelen, Bernhard 2007

1:27:30 Isaak, Dirk 2010

1:28:59 Wynands, Wolfgang 2007

1:31:56 Leers, Michael 2013

2:03:09 Nitschke, Dirk 2012

5000m Gehen

| | | |
|----------|----------------|------|
| 23:42,38 | Strunk, Malte | 2014 |
| 25:16,96 | Brämer, Ulrich | 2010 |
| 25:20,93 | Ruppert, Jan | 2009 |

5 km Straßengehen

| | | |
|-------|----------------|------|
| 24:04 | Strunk, Malte | 2013 |
| 25:53 | Brämer, Ulrich | 2010 |

10000m Gehen

| | | |
|----------|----------------|------|
| 49:10,9 | Strunk, Malte | 2013 |
| 52:58,1 | Ruppert, Jan | 2009 |
| 56:20,76 | Brämer, Ulrich | 2010 |

10 km Straßengehen

| | | |
|-------|----------------|------|
| 48:37 | Strunk, Malte | 2013 |
| 53:47 | Ruppert, Jan | 2009 |
| 58:14 | Brämer, Ulrich | 2010 |

20 km Gehen

| | | |
|---------|--------------------|------|
| 1:41:44 | Strunk, Malte | 2013 |
| 1:50:55 | Ruppert, Jan | 2005 |
| 1:51:51 | Dorscheid, Dietmar | 1986 |
| 2:03:19 | Brämer, Ulrich | 2010 |

Kugelstoßen (7,26 kg)

| | | |
|------|---------------------|------|
| 8,94 | Weidemann, Thorsten | 2009 |
|------|---------------------|------|

Männer – M45

100m

| | | |
|-------|--------------------|------|
| 12,83 | Frackmann, Michael | 2012 |
|-------|--------------------|------|

200m

| | | |
|-------|--------------------|------|
| 25,28 | Gusewski, Jan | 2011 |
| 26,77 | Frackmann, Michael | 2012 |

400m

| | | |
|-------|---------------|------|
| 54,91 | Gusewski, Jan | 2011 |
|-------|---------------|------|

800m

| | | |
|---------|--------------------------|------|
| 2:05,37 | Gusewski, Jan | 2011 |
| 2:16,68 | Genick-Giammarino, Raoul | 2009 |

1500m

| | | |
|---------|--------------------------|------|
| 4:40,88 | Genick-Giammarino, Raoul | 2009 |
|---------|--------------------------|------|

3000m

| | | |
|----------|--------------------------|------|
| 9:59,78 | Genick-Giammarino, Raoul | 2009 |
| 11:20,47 | Gusewski, Jan | 2010 |
| 11:21,25 | Kisza, Christof | 2006 |
| 12:49,65 | Lintzen, Albert | 2009 |

5000m

| | | |
|----------|---------------------------|------|
| 17:38,18 | Genick, Giammarino, Raoul | 2009 |
| 18:20,90 | Schwarz, Hans-Jürgen | 2009 |
| 18:34,03 | Thelen, Bernhard | 2007 |
| 19:12,17 | Kogel, Günter | 2009 |
| 19:56,49 | Kisza, Christof | 2006 |
| 19:58,50 | Wynands, Wolfgang | 2010 |
| 20:00,25 | Soiron, Andreas | 2011 |
| 20:16,89 | Weiß, Bernd | 2011 |
| 22:46,99 | Wilden, Wolfgang | 2010 |
| 22:53,82 | Lintzen, Albert | 2009 |

10000m

| | | |
|----------|--------------------------|------|
| 37:14,60 | Genick-Giammarino, Raoul | 2009 |
| 37:19,44 | Schwarz, Hans-Jürgen | 2009 |
| 42:14,02 | Kisza, Christof | 2006 |
| 47:03,82 | Lintzen, Albert | 2009 |

10 km

| | | |
|-------|--------------------------|------|
| 36:09 | Genick-Giammarino, Raoul | 2010 |
| 36:45 | Thelen, Bernhard | 2007 |
| 38:27 | Schwartz, Hans-Jürgen | 2010 |
| 39:36 | Rohe, Karl-Heinz | 2011 |
| 39:54 | Wynands, Wolfgang | 2010 |
| 40:49 | Nellessen, Marcus | 2012 |
| 41:42 | Kisza, Christof | 2007 |
| 42:36 | Neumann, Frank | 2009 |
| 46:04 | Vogt, Harald | 2017 |
| 46:49 | Wilden, Wolfgang | 2011 |

Halbmarathon

| | | |
|---------|--------------------------|------|
| 1:21:33 | Genick-Giammarino, Raoul | 2009 |
|---------|--------------------------|------|

| | | |
|---------|----------------------|------|
| 1:22:45 | Schwarz, Hans-Jürgen | 2009 |
| 1:24:20 | Thelen, Bernhard | 2007 |
| 1:26:32 | Rohe, Karl-Heinz | 2012 |
| 1:30:39 | Wynands, Wolfgang | 2010 |
| 1:35:57 | Kisza, Christof | 2006 |
| 1:37:36 | Weiß, Bernd | 2011 |
| 1:40:31 | Soiron, Andreas | 2011 |
| 1:40:49 | Schmitz, Thomas | 2011 |

Marathon

| | | |
|---------|----------------------|------|
| 2:58:40 | Schwarz, Hans-Jürgen | 2009 |
|---------|----------------------|------|

5000m Gehen

| | | |
|----------|-------------|------|
| 32:49,45 | Faesel, Uwe | 2013 |
|----------|-------------|------|

5 km Straßengehen

| | | |
|-------|-------------|------|
| 33:12 | Faesel, Uwe | 2014 |
| 33:49 | Haas, Uwe | 2014 |

10000m Gehen

| | | |
|---------|--------------------|------|
| 65:20,4 | Neubacher, Herbert | 2002 |
|---------|--------------------|------|

10 km Gehen

| | | |
|---------|--------------|------|
| 52:01 | Ruppert, Jan | 2010 |
| 1:06:37 | Faesel, Uwe | 2014 |
| 1:11:02 | Haas, Uwe | 2014 |

20 km Gehen

| | | |
|---------|--------------------|------|
| 1:56:21 | Sonnenberg, Günter | 1994 |
| 2:12:26 | Neubacher, Herbert | 2002 |
| 2:16:14 | Faesel, Uwe | 2014 |

Kugelstoßen (7,26 kg)

| | | |
|------|--------------|------|
| 9,74 | Beckers, Det | 2012 |
|------|--------------|------|

Gewichtswurf (15,88 kg)

| | | |
|-------|--------------|------|
| 10,02 | Beckers, Det | 2012 |
|-------|--------------|------|

Diskuswurf (2 kg)

| | | |
|-------|--------------|------|
| 28,24 | Beckers, Det | 2012 |
|-------|--------------|------|

Hammerwurf (7,26 kg)

33,40 Beckers, Det 2012

10 km Straßengehen

52:01 Ruppert, Jan 2010

Männer – M50**100m**

14,17 Kiswa, Christof 2007

400m

68,68 Kiswa, Christof 2007

800m

2:38,77 Kiswa, Christof 2009

3000m

11:22,80 Kiswa, Christof 2007

14:02,78 Hanf, Norbert 2007

5000m

19:56,11 Kiswa, Christof 2007

24:26,64 Hanf, Norbert 2007

10000m

44:04,47 Kiswa, Christof 2009

10 km

43:45 Kiswa, Christof 2009

44:15 Kogel, Günter 2014

Halbmarathon

1:34:43 Kiswa, Christof 2007

1:45:00 Kogel, Günter 2014

5000m Gehen

| | | |
|----------|--------------|------|
| 23:23,48 | Gaus, Peter | 2003 |
| 28:42,97 | Münster, Udo | 2014 |

5km Straßengehen

| | | |
|-------|--------------|------|
| 29:36 | Münster, Udo | 2014 |
|-------|--------------|------|

10000m Gehen

| | | |
|----------|--------------------|------|
| 48:47,0 | Gaus, Peter | 2003 |
| 59:20,90 | Münster, Udo | 2014 |
| 63:25,9 | Neubacher, Herbert | 2005 |
| 66:28,7 | Münster, Udo | 2012 |

10 km Straßengehen

| | | |
|-------|--------------|------|
| 47:21 | Gaus, Peter | 2004 |
| 59:31 | Münster, Udo | 2014 |

20 km Straßengehen

| | | |
|---------|--------------------|------|
| 1:46:24 | Gaus, Peter | 2006 |
| 2:08:26 | Neubacher, Herbert | 2003 |
| 2:06:30 | Münster, Udo | 2013 |

Stabhochsprung

| | | |
|------|------------------|------|
| 3,20 | Rummler, Dietmar | 2006 |
|------|------------------|------|

Diskuswurf (1,5 kg)

| | | |
|-------|----------------|------|
| 30,19 | Neurohr, Ernst | 2000 |
|-------|----------------|------|

Hammerwurf

| | | |
|-------|----------------|------|
| 19,61 | Neurohr, Ernst | 2000 |
|-------|----------------|------|

Männer – M55

100m

| | | |
|-------|--------------------|------|
| 16,70 | Hanf, Norbert | 2012 |
| 17,21 | Bündgens, Valentin | 2005 |

400m

| | | |
|-------|--------------------|------|
| 75,52 | Bündgens, Valentin | 2005 |
| 75,67 | Hanf, Norbert | 2011 |

800m

| | | |
|---------|--------------------|------|
| 2:16,32 | Stüber, Gerald | 2009 |
| 2:54,85 | Hanf, Norbert | 2009 |
| 2:55,84 | Bündgens, Valentin | 2004 |

1000m

| | | |
|--------|--------------------|------|
| 3:58,5 | Bündgens, Valentin | 2005 |
|--------|--------------------|------|

1500m

| | | |
|---------|--------------------|------|
| 4:41,57 | Stüber, Gerald | 2009 |
| 6:07,19 | Bündgens, Valentin | 2004 |
| 6:27,76 | Hanf, Norbert | 2011 |

3000m

| | | |
|----------|---------------------|------|
| 10:09,74 | Stüber, Gerald | 2009 |
| 12:44,89 | Haupts, Hans-Werner | 2009 |
| 13:19,01 | Bündgens, Valentin | 2006 |
| 13:20,48 | Hanf, Norbert | 2011 |

5000m

| | | |
|----------|---------------------|------|
| 18:00,00 | Stüber, Gerald | 2009 |
| 21:57,92 | Hanf, Norbert | 2009 |
| 21:58,43 | Haupts, Hans-Werner | 2009 |
| 23:08,80 | Bündgens, Valentin | 2004 |

10000m

| | | |
|----------|--------------------|------|
| 37:35,65 | Stüber, Gerald | 2009 |
| 47:59,62 | Hanf, Norbert | 2009 |
| 51:52,7 | Bündgens, Valentin | 2005 |

10 km

| | | |
|-------|--------------------|------|
| 36:42 | Stüber, Gerald | 2009 |
| 43:24 | Barth, Bruno | 2008 |
| 48:34 | Hanf, Norbert | 2009 |
| 51:24 | Bündgens, Valentin | 2005 |
| 52:10 | Königs, Dieter | 2017 |
| 52:30 | Radermacher, Josef | 2007 |
| 53:16 | Bodden, Thomas | 2010 |
| 54:37 | Dembowski, Walther | 2010 |

Halbmarathon

| | | |
|---------|----------------|------|
| 1:22:22 | Stüber, Gerald | 2010 |
| 1:39:00 | Barth, Bruno | 2008 |

| | | |
|---------|--------------------|------|
| 1:54,02 | Hanf, Norbert | 2011 |
| 1:59:20 | Bündgens, Valentin | 2005 |
| 2:25:15 | Schwellnat, Georg | 2007 |

Marathon

| | | |
|---------|--------------|------|
| 3:58:12 | Barth, Bruno | 2010 |
|---------|--------------|------|

5000m Gehen

| | | |
|----------|----------------|------|
| 25:32,12 | Gaus, Peter | 2007 |
| 31:56,6 | Slevogt, Peter | 2011 |

5 km Straßengehen

| | | |
|-------|--------------------|------|
| 32:51 | Slevogt, Peter | 2013 |
| 35:42 | Neubacher, Herbert | 2012 |

10000m Gehen

| | | |
|---------|------------------|------|
| 56:07,6 | Schumm, Peter | 2001 |
| 64:11,8 | Maichin, Richard | 2001 |
| 67:48,7 | Slevogt, Peter | 2012 |

10 km Straßengehen

| | | |
|-------|--------------------|------|
| 49:49 | Gaus, Peter | 2007 |
| 63:48 | Slevogt, Peter | 2013 |
| 72:52 | Neubacher, Herbert | 2012 |

20 km Straßengehen

| | | |
|---------|--------------------|------|
| 1:48:24 | Gaus, Peter | 2007 |
| 2:14:59 | Neubacher, Herbert | 2011 |
| 2:15:05 | Slevogt, Peter | 2013 |

Kugelstoßen (6,25 kg)

| | | |
|------|----------------|------|
| 9,75 | Neurohr, Ernst | 2002 |
|------|----------------|------|

Diskuswerfen (1,5 kg)

| | | |
|-------|----------------|------|
| 27,19 | Neurohr, Ernst | 2002 |
|-------|----------------|------|

Männer – M60

100m

| | | |
|-------|---------------|------|
| 16,32 | Hanf, Norbert | 2013 |
|-------|---------------|------|

200m

34,01 Hanf, Norbert 2014

400m

77,35 Bates, Christopher 2009

77,75 Hanf, Norbert 2014

79,33 Bauer, Joachim 2012

81,98 Bündgens, Valentin 2008

800m

2:45,11 Hanf, Norbert 2013

3:00,50 Bündgens, Valentin 2007

3:03,82 Bates, Christopher 2008

1000m

4:02,33 Bündgens, Valentin 2008

4:16,70 Bauer, Joachim 2012

1500m

6:23,06 Bündgens, Valentin 2007

6:27,53 Hanf, Norbert 2013

3000m

13:15,14 Bündgens, Valentin 2007

13:38,14 Hanf, Norbert 2013

5000m

23:33,63 Hanf, Norbert 2013

24:01,50 Bündgens, Valentin 2007

10000m

48:23:18 Hanf, Norbert 2013

53:46,00 Bündgens, Valentin 2010

10 km

45:32 Burmester, Jürgen 2007

46:13 Schumm, Peter 2003

47:20 Barth, Bruno 2012

50:03 Bündgens, Valentin 2007

50:37 Hanf, Norbert 2013

Halbmarathon

| | | |
|---------|--------------------|------|
| 1:43:33 | Barth, Bruno | 2011 |
| 1:50:56 | Burmester, Jürgen | 2008 |
| 1:52:15 | Hanf, Norbert | 2013 |
| 1:57:42 | Radermacher, Josef | 2007 |
| 2:04:18 | Bündgens, Valentin | 2011 |

5000m Gehen

| | | |
|----------|--------------------|------|
| 25:12,97 | Gaus, Peter | 2012 |
| 26:43,90 | Schumm, Peter | 2004 |
| 31:49,33 | Bauer, Joachim | 2012 |
| 32:2,57 | Slevogt, Peter | 2014 |
| 34:00,35 | Maichin, Richard | 2010 |
| 37:39,07 | Neubacher, Herbert | 2013 |

5 km Straßengehen

| | | |
|-------|------------------|------|
| 27:19 | Gaus, Peter | 2012 |
| 30:47 | Bauer, Joachim | 2012 |
| 32:08 | Maichin, Richard | 2010 |
| 32:40 | Slevogt, Peter | 2014 |

10000m Gehen

| | | |
|----------|----------------|------|
| 54:57,7 | Schumm, Peter | 2004 |
| 57:02,59 | Gaus, Peter | 2014 |
| 64:46,56 | Bauer, Joachim | 2012 |
| 67:23,1 | Slevogt, Peter | 2015 |

10 km Straßengehen

| | | |
|-------|------------------|------|
| 53:34 | Gaus, Peter | 2012 |
| 54:57 | Schumm, Peter | 2004 |
| 63:48 | Bauer, Joachim | 2012 |
| 63:50 | Maichin, Richard | 2010 |
| 64:41 | Slevogt, Peter | 2014 |

20 km Straßengehen

| | | |
|---------|----------------|------|
| 1:48:33 | Gaus, Peter | 2012 |
| 1:56:15 | Schumm, Peter | 2004 |
| 2:16:48 | Slevogt, Peter | 2014 |

Männer – M65

400m

| | | |
|-------|--------------------|------|
| 79,20 | Bates, Christopher | 2011 |
| 97,10 | Bündgens, Valentin | 2012 |

800m
3:26,59 Bündgend, Valentin 2012

1000m
4:33,6 Bündgend, Valentin 2012

1500m
7:27,14 Bündgens, Valentin 2013

3000m
13:09,04 Biesing, Georg 2009
15:14,9 Bündgens, Valentin 2012

5000m
22:44,92 Biesing, Georg 2009
24:45,26 Bündgens, Valentin 2012

10000m
46:58,85 Biesing, Georg 2009

10 km
47:39 Biesing, Georg 2009
51:29 Bündgens, Valentin 2012
51:40 Burmester, Jürgen 2010
67:03 Bündgens, Valentin 2015
70:45 Wirth, Friedel 2008

Halbmarathon
2:28:02 Bündgens, Valentin 2014

5000m Gehen
27:43,44 Gaus, Peter 2017
28:17,68 Schumm, Peter 2007
31:07,13 Maichin, Richard 2012

5 km Straßengehen
27:40 Schumm, Peter 2011
30:44 Maichin, Richard 2012

10000m Gehen

| | | |
|----------|------------------|------|
| 56:58,27 | Schumm, Peter | 2007 |
| 58:14,22 | Gaus, Peter | 2017 |
| 70:21,11 | Maichin, Richard | 2013 |

10 km Straßengehen

| | | |
|-------|------------------|------|
| 56:35 | Schumm, Peter | 2007 |
| 57:30 | Gaus, Peter | 2017 |
| 61:19 | Maichin, Richard | 2011 |

20 km Straßengehen

| | | |
|---------|---------------|------|
| 2:00:41 | Schumm, Peter | 2011 |
|---------|---------------|------|

30 km Straßengehen

| | | |
|---------|---------------|------|
| 3:09:44 | Schumm, Peter | 2010 |
|---------|---------------|------|

Männer – M70

400m

| | | |
|-------|--------------------|------|
| 79,76 | Bates, Christopher | 2015 |
|-------|--------------------|------|

3000m

| | | |
|-----------|--------------------|------|
| 12:57,64 | Biesing, Georg | 2010 |
| 18: 34,17 | Bündgens, Valentin | 2017 |

5000m

| | | |
|----------|--------------------|------|
| 22:40,40 | Biesing, Georg | 2010 |
| 31:05,98 | Bündgens, Valentin | 2017 |

10000m

| | | |
|----------|----------------|------|
| 49:05,14 | Biesing, Georg | 2010 |
|----------|----------------|------|

10 km

| | | |
|-------|----------------|------|
| 47:51 | Biesing, Georg | 2010 |
|-------|----------------|------|

5000m Gehen

| | | |
|----------|------------------|------|
| 29:08,91 | Schumm, Peter | 2012 |
| 31:25,28 | Maichin, Richard | 2017 |

5 km Straßengehen

| | | |
|-------|------------------|------|
| 29:20 | Schumm, Peter | 2014 |
| 31:44 | Maichin, Richard | 2017 |

10000m Gehen

| | | |
|------------|------------------|------|
| 59:46,9 | Schumm, Peter | 2012 |
| 1:05:51,55 | Maichin, Richard | 2017 |

10 km Straßengehen

| | | |
|----------|------------------|------|
| 01:00:08 | Schumm, Peter | 2013 |
| 01:03:10 | Maichin, Richard | 2017 |

20 km Straßengehen

| | | |
|---------|------------------|------|
| 2:04:13 | Schumm, Peter | 2014 |
| 2:13,29 | Maichin, Richard | 2017 |

Diskuswurf (1 kg)

| | | |
|-------|----------------|------|
| 15,61 | Hamacher, Karl | 2006 |
|-------|----------------|------|

Kugelstoßen

| | | |
|------|----------------|------|
| 5,67 | Hamacher, Karl | 2005 |
|------|----------------|------|

Männer – M75

5000m Gehen

| | | |
|----------|---------------|------|
| 30:41,03 | Schumm, Peter | 2017 |
|----------|---------------|------|

5 km Gehen

| | | |
|-------|---------------|------|
| 31:40 | Schumm, Peter | 2017 |
|-------|---------------|------|

10000 m Gehen

| | | |
|------------|---------------|------|
| 1:03:19.06 | Schumm, Peter | 2017 |
|------------|---------------|------|

10 km Gehen

| | | |
|---------|---------------|------|
| 1:03:22 | Schumm, Peter | 2017 |
|---------|---------------|------|

20 km Gehen

| | | |
|---------|---------------|------|
| 2:10:55 | Schumm, Peter | 2017 |
|---------|---------------|------|