

„Ewige“ Bestenliste – W15

100m

13,24	Ballero, Christina	2012
13,45	Nellessen, Magdalena	2012
13,58	Müller, Jennifer	2001
13,76	Fohrer, Jule	2012
13,78	Njegovan, Jana	2016
13,91	Benjdila, Nisrine	2015
14,17	Membo, Lea	2012
14,20	Rütten, Katharina	2015
14,27	Besting, Lisa	2012
14,36	Eymael, Nicola	2012
14,87	Legewie, Luisa	2014

300m

44,78	Njegovan, Jana	2016
46,74	Benjdila, Nisrine	2015
47,74	Rütten, Katharina	2015
48,26	Abratis, Anna	2013
48,27	Bennemann, Ruth	2001
50,50	Jacobi, Julia	2016
53,36	Legewie, Luisa	2014

800m

2:22,76	Müller, Jennifer	2001
2:26,52	Njegovan, Jana	2016
2:28,75	Besting, Lisa	2012
2:30,00	Rütten, Katharina	2015
2:38,65	Bennemann, Ruth	2001
2:42,66	Ebert, Antornia	2015
2:43,70	Kubini, Julia	2011
2:45,75	Hirtz, Theresa	2012
2:49,95	Abratis, Anna	2013

2000m

7:26,34	Müller, Jennifer	2001
7:49,56	Besting, Lisa	2012
8:22,39	Bennemann, Ruth	2001
8:24,67	Abratis, Anna	2013

5000m

23:47	Besting, Lisa	2012
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80m Hürden

13,66	Müller, Jennifer	2001
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13,86	Ballero, Christina	2012
14,41	Nellessen, Magdalena	2012
14,90	Bennemann, Ruth	2001
15,42	Besting, Lisa	2012
15,64	Eymael, Nicola	2012
15,67	Rütten, Katharina	2015
16,19	Legewie, Luisa	2014
16,31	Fohrer, Jule	2012
16,36	Middelberg, Carolin	2011

300m Hürden

51,71	Besting, Lisa	2012
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Hochsprung

1,44	Müller, Jennifer	2001
1,41	Njegovan, Jana	2016
1,40	Eymael, Nicola	2012
1,38	Sacher, Filipa	2016
1,30	Jacobi, Julia	2016
1,20	Bennemann, Ruth	2001

Weitsprung

4,89	Müller, Jennifer	2001
4,79	Hesse, Vivian	2014
4,56	Ballero, Christina	2012
4,55	Fohrer, Jule	2012
4,54	Eymael, Nicola	2012
4,44	Membo, Lea	2012
4,43	Nellessen, Magdalena	2012
4,39	Legewie, Luisa	2014
4,37	Bendjila, Nisrine	2015
4,16	Besting, Lisa	2012

Dreisprung

9,78	Eymael, Nicola	2012
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Kugelstoßen (3 kg)

10,07	Middelberg, Carolin	2011
9,76	Müller, Jennifer	2001
8,71	Jacobi, Julia	2016
8,55	Fohrer, Jule	2012
8,50	Nellessen, Magdalena	2012
8,10	Eymael, Nicola	2012
7,88	Ballero, Christina	2012
7,73	Schönberg, Nina	2012
7,73	Hesse, Vivian	2014

7,16	Legewie, Luisa	2014
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Diskuswerfen (1 kg)

24,03	Müller, Jennifer	2001
20,90	Membo, Lea	2012
19,75	Middelberg, Carolin	2011
18,80	Hesse, Vivian	2014
18,63	Legewie	2014
18,50	Nellessen, Magdalena	2012
17,63	Eymael, Nicola	2012
17,20	Ballero, Christina	2012

Hammerwerfen (3 kg)

44,80	Membo, Lea	2012
39,61	Middelberg, Carolin	2011
27,66	Schönberg, Nina	2012

Speerwerfen (600 g)

30,80	Müller, Jennifer	2001
21,06	Eymael, Nicola	2012
20,13	Nellessen, Magdalena	2012
18,94	Abratis, Anna	2013
14,54	Jacobi, Julia	2016
14,39	Rütten, Katharina	2015

Ballwerfen (200 g)

45,0	Müller, Jennifer	2001
36,0	Bennemann, Ruth	2001
31,5	Abratis, Anna	2013
27,0	Besting, Lisa	2012

Vierkampf (100-Weit-Hoch-Kugel)

1940 P.	Müller, Jennifer	2001
13,58 – 4,89 – 1,40 – 9,40		

1522 P.	Rütten, Katharina	2015
14,20 (-0,2) - 3,81 (1,7) - 1,18 - 7,07		

Siebenkampf (100-Hoch-Kugel-80mH//Weit-Speer-800)

3362 P.	Müller, Jennifer	2001
13,66-1,44-9,18-13,76*/4,39*-27,73-2:31,15		

2744 P.	Rütten, Katharina	2015
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14,20 (-0,2) - 3,81 (1,7) - 1,18 - 7,07 // 15,67 (-0,2) - 14,39 - 2:33,31

Block Sprint (100-80H-Weit-Hoch-Speer)

2094 P. Eymael, Nicola 2012
14,51(+0,3)/15,64(-0,5)/4,17(-1,9)/1,38/17,32

Block Lauf

2489 P. Müller, Jennifer 2001
13,55w-14,46*-4,73-45,0-7:26,34

2163 P. Besting, Lisa 2012
14,27(+1,6)/15,42(+1,7)/4,16(-1,5)/27,0/07:49,56

2043 P. Bennemann, Ruth 2001
15,29*-15,53*-3,80-36,0-8:22,39

1981 P. Abratis, Anna 2013
15,03(-0,1) – 16,87(0,9) – 3,91(2,5) – 31,5 – 8:24,67

Block Wurf

2222 P. Nellessen, Magdalena 2012
13,65(+1,2)/14,41(-1,4)/4,43(-1,8)/08,50/18,50

2215 P. Ballero, Christina 2012
13,42(-0,8)/13,86(+1,8)/4,56(-2,8)/07,88/15,61

2072 P. Fohrer, Jule 2012
13,76(+1,2)/16,31(-1,4)/4,55(-1,7)/08,34/13,95

2032 P. Middelberg, Carolin 2011
15,38(-1,6)/16,36(-1,8)/4,06(+0,5)/09,66/19,75

1753 P. Hesse, Vivian 2014
15,29(+2,1)/16,95(+1,5)/3,55(+0,3)/7,12/13,30

1728 P. Legewie, Luisa 2014
15,17(+2,1)/16,19(+1,9)/3,13(-0,2)/6,67/14,44