

„Ewige“ Bestenliste – W15

100m

12,30	Lutsenko, Ksenija	2022
13,11	Kleine, Sofie	2018
13,24	Ballero, Christina	2012
13,35	Kunter, Luzie	2019
13,45	Nellessen, Magdalena	2012
13,58	Müller, Jennifer	2001
13,62	Dautzenberg, Nele	2022
13,76	Fohrer, Jule	2012
13,78	Njegovan, Jana	2016
13,81	Jeschke, Nina	2022

200m

28,46	Kunter, Luzie	2019
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300m

43,88	Kunter, Luzie	2019
44,27	Dautzenberg, Nele	2022
44,55	Jeschke, Nina	2022
44,78	Njegovan, Jana	2016
45,29	Flügge, Linn	2023
45,96	Rein, Helene	2025
46,74	Benjdila, Nisrine	2015
47,74	Rütten, Katharina	2015
48,03	Paulußen, Lina	2021
48,26	Abratis, Anna	2013

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
2:41,21	Paulußen, Lina	2021
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

12,60	Kleine, Sofie	2018
12,60	Kunter, Luzie	2019
13,66	Müller, Jennifer	2001
13,86	Ballero, Christina	2012
14,01	Lounis, Lilia	2024
14,22	Kleine, Linda	2021
14,23	Verse, Laura	2019
14,41	Nellessen, Magdalena	2012
14,90	Bennemann, Ruth	2001
15,42	Besting, Lisa	2012

300m Hürden

51,71	Besting, Lisa	2012
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Hochsprung

1,48	Kunter, Luzie	2019
1,44	Müller, Jennifer	2001
1,44	Verse, Laura	2019
1,41	Njegovan, Jana	2016
1,40	Eymael, Nicola	2012
1,38	Sacher, Filipa	2016
1,38	Lounis, Lilia	2024
1,30	Jacobi, Julia	2016
1,20	Bennemann, Ruth	2001

Weitsprung

5,69	Lutsenko, Ksenija	2022
4,89	Müller, Jennifer	2001
4,79	Hesse, Vivian	2014
4,79	Schelhaas, Clara	2023
4,57	Verse, Laura	2019
4,56	Ballero, Christina	2012
4,55	Fohrer, Jule	2012
4,54	Eymael, Nicola	2012
4,45	Kunter, Luzie	2019
4,44	Membo, Lea	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

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
20,80	Verse, Laura	2019
20,13	Nellessen, Magdalena	2012
18,94	Abratis, Anna	2013
18,62	Kunter, Luzie	2019
16,32	Lounis, Lilia	2024
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
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13,58 – 4,89 – 1,40 – 9,40

1748 P. Schelhaas, Clara 2023
13,68 (0,0) - 4,71 (+0,2) - 7,37 - 1,28

1663 P. Flügge, Linn 2023
13,93 (+0,1) - 4,18 (-0,2) - 6,95 - 1,24

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
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)

2403 P. Kunter, Luzie 2019
13,35(+1,1) -12,60(+1,6) – 4,45(-0,6) -1,40 -18,62

2259 P. Verse, Laura 2019
14,34(+1,1) -14,55(+1,6) – 4,41(-0,9) -1,44 - 20,80

2227 P. Kleine, Sofie 2018
13,45 (0,7) - 12,90 (1,7) - 4,80 (0,3) - 1,16 - 16,02

2107 P. Lounis, Lilia 2024
14,32 (-0,4) - 14,49 (-0,2) - 4,15 (+0,3) – 1,32 - 16,32

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		