**Vereinsrekorde TuS Ovenhausen, registriert ab 1975
Stand: 26.09.2019**

**U8/W6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 10,2s | Anna Maria Köhne | 26.08.1989  | Vörden | W6 |
| Weitsprung | 2,44m | Anna Maria Köhne | 26.08.1989 | Vörden | W6 |
| Ballwurf | 9,80m | Anna Maria Köhne | 17.06.1989 | Albaxen | W6 |
| 800m | 4:40,85 | Abeer AlSindi | 29.05.2019 | Brakel | W6 |
| Dreikampf | 666P | Anna Maria Köhne | 17.06.1989 | Albaxen | W6 |

**U8/W7**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 10,60s | Lisa Kirchhoff | 19.06.2011 | Bad Driburg | W7 |
| Weitsprung | 2,57m | Leonie Risse | 30.08.2008 | Höxter | W7 |
| Ballwurf | 9,00m | Lisa Kirchhoff | 19.06.2011 | Bad Driburg | W7 |
| Dreikampf | 463P | Lea Razavi Nik | 19.06.2011 | Bad Driburg | W7 |
| 800m | 3:21,68 | Kira Wöstefeld | 25.05.2016 | Brakel | W7 |

**U10/W8**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 8,80s | Michaela Derwig | 07.09.1985 | Höxter | W8 |
| Weitsprung | 3,17m | Anna- Maria Köhne | 15.06.1991 | Höxter | W8 |
| Ballwurf | 21,50m | Sabine Risse | 21.05.1976 | Peckelsheim | W8 |
| Dreikampf | 1388P | Sabine Risse | 19.09.1976 | Steinheim | W8 |
| 400m | 3:30,7 | Sandra Jurak | 16.09.1978 | Brakel | W8 |
| 800m | 3:09,1 | Kira Wöstefeld | 14.06.2017 | Brakel | W8 |
| 4x50m | 39,1s | Birgit Becker, Marion Sprenger, Eva Gersch, Sabine Engel | 17.06.1983 | Höxter | W8 |
| 3x800m  | 12:17,6 | Joana Risse,Lea Razavi Nik,Lisa Kirchhoff | 19.06.2011 | Bad Driburg | W8 |

**U10/W9**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 8,73 | Jule Bömelburg | 29.06.2013 | Höxter | W9 |
| Weitsprung | 3,22m | Jule Bömelburg | 29.06.2013 | Höxter | W9 |
| Ballwurf | 18,50m | Leonie Risse | 05.09.2010 | Bad Driburg | W9 |
| Dreikampf | 769P | Leonie Risse | 05.09.2010 | Bad Driburg | W9 |
| 400m | 1:26,5 | Annette Maßmann | 29.05.1976 | Brakel | W9 |
| 800m | 3:08,85 | Jule Bömelburg | 29.05.2013 | Höxter | W9 |
| 1000m | 4:35,0 | Joana Risse | 12.08.2012 | Bad Driburg | W9 |
| 3x800m  | 10:15,1 | Leonie RisseAnnika RisseAnna Wöstefeld | 11.09.2010 | Höxter | W9 |

**U12/W10**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,80s | Sabine Otto | 25.08.1979 | Steinheim | W10 |
| Weitsprung | 3,72m | Michaela Derwig | 04.07.1987 | Vörden  | W10 |
| Ballwurf | 30,6m | Sandra Engel | 14.06.1987 | Ovenhausen | W10 |
| Kugelst. 3kg | 2,92m | Joanna Risse | 20.04.2013 | Höxter | W10 |
| Dreikampf | 1785P | Michaela Derwig | 23.05.1987 | Steinheim | W10 |
| 600m | 2:15,7 | Monika Maßmann | 17.06.1979 | Höxter | W10 |
| 800m | 2:59,67 | Jule Bömelburg | 18.06.2014 | Höxter | W10 |
| 5000m  | 24:16min | Leonie Risse | 19.09.2011 | Stutenbrock | W10 |

**U12/W11**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,80s | Sabine Otto | 25.08.1979 | Steinheim | W10 |
| Weitsprung | 3,72m | Michaela Derwig | 04.07.1987 | Vörden | W10 |
| Ballwurf | 30,6m | Marion Sprenger | 05.07.1986 | Höxter | W11 |
| Hochsprung | 1,10m | Lina Bömelburg | 19.05.2012 | Brakel | W11 |
| Dreikampf | 1785P | Michaela Derwig | 23.05.1987 | Steinheim | W10 |
| Dreikampf neu | 958P | Leonie Risse | 23.06.2012 | Höxter | W11 |
| 600m | 2:22,5 | Annette Maßmann | 26.08.1978 | Steinheim | W11 |
| 800m | 2:59,2 | Annika Risse | 16.05.2012 | Brakel | W11 |
| 1000m | 3:43,0 | Annika Risse | 12.08.2012 | Bad Driburg | W11 |
| 1000m | 3:43,0 | Leonie Risse | 12.08.2012 | Bad Driburg | W11 |
| 5000m  | 24:24min | Leonie Risse | 07.04.2012 | Paderborn | W11 |
| 5000m | 24:24min | Annika Risse | 07.04.2012 | Paderborn | W11 |

**U12 (W10/11)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 4x50 m St.      | 34,04s            | Leonie Risse,Luca Derwig,Lina Bömelburg,Annika Risse | 19.05.2012 | Brakel | W11 |
| 3x800 m St.     | 8:59,89            | Leonie Risse,Lina Bömelburg,Annika Risse | 23.06.2012 | Höxter | W11 |

**U14 (W12 / W13)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,5s | Michaela Derwig | 20.05.1989 | Brakel | W12 |
| 50m | 8s | Kersin Köhne | 04.05.1997 | Höxter | W13 |
| 75m | 10,9s | Sabine Otto | 12.07.1981 | Ovenhausen | W12 |
| 75m | 11,12s | Lina Bömelburg | 15.06.2014 | Bad Driburg | W13 |
| 100m | 13,9s | Carmen Weber | 05.07.1986 | Höxter | W13 |
| Weitsprung | 4,45m | Michaela Derwig | 20.05.1989 | Brakel | W12 |
| Ball 80gr | 42m | Michaela Derwig | 26.08.1989 | Vörden | W12 |
| Ball 200gr | 31,7m | Sabine Risse | 17.08.1980 | Ovenhausen | W12 |
| Kugelst. 3kg | 4,37m | Loreen Möhring | 14.04.2018 | Höxter | W12 |
| Sperrw. 400g | 13,64 | Loreen Möhring | 14.04.2018 | Höxter | W12 |
| Sperrw. 600g | 10,83m | Annika Risse | 20.04.2013 | Höxter | W12 |
| Speerw. 400g | 18,22m | Loreen Möhring | 14.04.2019 | Höxter | W13 |
| Dreikampf | 2295P | Michaela Derwig | 20.05.1989 | Brakel | W12 |
| Dreikampf neu | 1067P | Lina Bömelburg | 29.06.2013 | Höxter | W12 |
| Dreikampf neu | 1047P | Leonie Risse | 07.09.2014 | Bad Driburg | W13 |
| Vierkampf neu | 1339P | Annika Risse | 07.09.2014 | Bad Driburg | W13 |
| Hochsprung | 1,30 | Helena Rode | 15.06.2014 | Bad Driburg | W12 |
| Hochsprung  | 1,30m | Birgit Becker | 02.07.1988 | Vörden  | W13 |
| 800m | 2:54,5 | Annette Maßmann | 21.07.1979 | Brakel | W12 |
| 800m | 2:52,10 | Lina Bömelburg | 18.06.2014 | Höxter | W13 |
| 5000m Str. | 24:20min | Leonie Risse | 30.03.2013 | Paderborn | W12 |
| 5000m Str. | 24:24min | Leonie Risse | 19.04.2014 | Paderborn | W13 |
| 4x75m | 45,5s | Katja Meyer,Sandra Jurak,Ulrike Klocke,Sabine Otto | 03.07.1982 | Holzminden | W12 |
| 4x50m | 33,7s | Sandra Engel,Melanie DewenterMareike Meyer,Michaela Derwig | 13.05.1988 | Höxter | W12 |
| 4x75m | 46,23s | Leonie RisseAnnika RisseHelena RodeLina Bömelburg | 15.06.2014 | Bad Driburg | W13 |
| 3x800m | 9:12,3 | Leonie RisseAnnika RisseLina Bömelburg | 28.06.2013 | Höxter | W12 |
| 3x800m | 8:57,56 | Leonie RisseAnnika RisseLina Bömelburg | 25.05.2014 | Höxter | W13 |

**U16 (W14 / W15)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 75m | 11,0s | Birgit Becker | 17.06.1989 | Albaxen | W14 |
| 100 m | 15,39 | Alisa Zimmermann | 29.08.2015 | Brakel | W14 |
| Weitsprung | 4,38m | Barbera Götte | 26.06.1977 | Ovenhausen | W14 |
| Kugel | 9,55m | Claudia Drüke | 04.07.1987 | Vörden | W14 |
| Ball 200g  | 39,5m | Sabine Risse | 08.05.1982 | Brakel | W14 |
| Hochsprung | 1,20m | Annika Risse | 29.08.2015 | Brakel | W14 |
| Dreikampf | 2196P | Sabine Otto | 04.06.1983 | Brakel | W14 |
| Dreikampf neu | 1035P | Annika Risse | 01.06.2015 | Höxter | W14 |
| 800m  | 2:52,1 | Annika Risse | 19.06.2015 | Brakel | W14 |
| 800m  | 2:47,4 | Nicola Heuwinkel | 18.09.1994 | Steinheim | W15 |
| 2000m  | 8:22,3 | Leonie Risse | 19.06.2015 | Brakel | W14 |
| 2000m | 8:59,42 | Annika Risse | 25.05.2016 | Brakel | W15 |
| 3000m | 14:44,52 | Leonie Risse | 08.05.2016 | Höxter | W15 |
| 5000m Str | 22:41min | Leonie Risse | 04.04.2015 | Paderborn | W14 |
| 5000m Str | 24:17min | Annika Risse | 21.05.2016 | Bentfeld | W15 |
| 5000m | 24:30,63 | Leonie Risse | 25.05.2016 | Brakel | W15 |
| 10 km Straße | 52:58min | Leonie Risse | 19.03.2016 | Salzkotten | W15 |
| Speer | 22,56m | Sabine Risse | 10.06.1982 | Ovenhausen | W14 |
| Speer | 26,46m | Katja Meyer | 15.04.1985 | Gütersloh | W15 |
| Hochsprung | 1,30m | Martina Voss | 26.06.1977 | Ovenhausen | W15 |
| Hochsprung  | 1,30m | Lea Hasenbein | 15.03.1998 | Höxter | W15 |
| 4x 100m | 1:02,75 | Leonie RisseJoanna RisseAnnika RisseAlias Zimmermann | 29.08.2015 | Brakel  | W14 |
| 3x800m | 9:10,58 | Leonie Risse;Joanna Risse,Annika Risse, | 01.06.2015 | Höxter  | W14 |
| 3x800m | 9:15,03 | Leonie Risse;Joanna Risse,Annika Risse, | 04.06.2016 | Höxter  | W15 |

**U18 (W16 / W17)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100m | 13,8s | Wilma Micus | 26.09.1976 | Bad Salzuflen | W16 |
| 100m | 13,4s | Wilma Micus | 03.07.1977 | Brakel | W17 |
| Weitsprung | 4,67m | Wilma Micus | 26.09.1976 | Bad Salzuflen | W16 |
| Weitsprung | 4,72m | Wilma Micus | 26.06.1977 | Ovenhausen | W17 |
| Kugel | 7,83m | Wilma Micus | 11.09.1976 | Höxter | W16 |
| Dreikampf | 1661P | Helga Mönnekes | 12.05.1994 | Amelunxen | W16 |
| Diskus | 14,72 | Wilma Micus | 11.09.1976 | Höxter | W16 |
| Speer | 24,78m | Sabine Risse | 19.08.1985 | Ovenhausen | W17 |
| 2000m | 9:18,1 | Leonie Risse | 14.06.2017 | Brakel | W16 |
| 3000 m | 15:06,44 | Leonie Risse | 17.09.2017 | Bad Driburg | W16 |
| 5000 m Str. | 23:58 min | Annika Auth | 19.04.2014 | Paderborn | W16 |
| 5000 m Str. | 22:53 min | Annika Auth | 04.04.2015 | Paderborn | W17 |
| 5000 m  | 23:42,3 | Foza Neehmu | 14.06.2017 | Brakel | W17 |
| 10 km Straße | 54:30 min | Leonie Risse | 15.04.2017 | Paderborn | W16 |
| 10 km Straße | 57:40 min | Leonie Risse | 31.03.2018 | Paderborn | W17 |
| 800m | 2:47,2 | Nicola Heuwinkel | 07.05.1995 | Höxter | W16 |
| 800m | 2:50,1 | Wilma Micus | 27.08.1977 | Höxter | W17 |
| 4x100m | 63,30 | Leonie RissAnnika RisseJoanna RisseFoza Neehmu | 25.09.2017 | Bad Driburg | W17 |
| 3x 800m | 9:40,51 | Leonie RisseJoanna RisseFoza Neehmu | 02.07.2017 | Borgentreich | W17 |

**U20 (W18 / 19)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Hochsprung | 1,53m | Wilma Micus | 26.02.1978 | Brakel | W18 |
| Kugel | 9,04m | Wilma Micus | 29.02.1978 | Brakel | W18 |
| 100m | 14,0s | Wilma Micus | 25.08.1979 | Steinheim | W19 |
| Dreikampf | 2484P | Wilma Micus | 28.05.1978 | Steinheim | W18 |
| Weitsprung | 4,85m | Wilma Micus | 21.07.1979 | Brakel | W19 |
| 5 km Straße | 24:35 min | Foza Neehmu | 31.03.2018 | Paderborn | W18 |
| 10 km Straße | 49:25,09 | Foza Neehmu | 10.05.2019 | Schloss Neuh. | W19 |
| 4x100m | 66,92 | Leonie RisseJoanna RisseFoza NeehmuMelissa Husemann | 24.09.2018 | Bad Driburg | W18 |
| 3x800m | 10:07,83 | Leonie RisseAnnika RisseFoza Neehmu | 2018 | Brakel |  |

**Frauen**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Kugel | 8,98m | Wilma Micus | 18.05.1980 | Brakel |
| Dreisprung | 1569P | Wilma Micus | 18.05.1980 | Brakel |
| 4x100m | 73,82 | Melanie JanzenAnja MulthauptMareen HeidemannFoza Neehmu | 23.09.2019 | Bad Driburg |
| 10km  | 45:36min | Wilma Zimmermann | 28.07.1989 | Brakel |

**Frauen W30**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10km | 45:07min | Wilma Zimmermann | 14.04.1990 | Paderborn |
| 3x 800m | 13:33,22 | Frauke ReedeMareen HeidemannSabine Tönnes | 02.07.2017 | Borgentreich |

**Frauen W35**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.500m | 7:54,3 | Martina Brandt | 17.06.1998 | Höxter |
| 5 km Straße | 30:55 | Mareen Heidemann | 12.05.2017 | Schloss Neuhaus |
| 10km | 47:41 | Walburga Gersch | 01.05.1988 | Steinheim |
| 25km | 2:09,20 | Walburga Gersch | 11.05.1986 | Blankenau |
| Marathon | 3:55,14 | Walburga Gersch | 08.05.1988 | München |
| 4x100m | 74,68 | Karin HusemannMelanie JanzenMareen HeidemannSabine Tönnes | 24.09.2018 | Bad Driburg |
| 3x800m | 12:07,97 | Nicole DrükeMagret KöhneSabine Tönnes | 2018 | Brakel |

**Frauen W40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5km Straße | 33:05,94 | Mareen Heidemann | 10.05.2019 | Schloss Neuh. |
| 10km | 46:01 | Walburga Gersch | 01.05.1989 | Steinheim |
| 25m | 2:12,13 | Walburga Gersch | 30.03.1991 | Paderborn |
| 4x100m | 72,86 | Karin HusemannGudrun JonesSabine TönnesManuela Brandt | 23.09.2019 | Bad Driburg |
| 3x800m | 08:57,12 | Sabine TönnesKarin HusemannGudrun Jones | 19.06.2019 | Brakel |
| Marathon | 3:48,44 | Walburga Gersch | 21.04.1989 | Hannover |

**Frauen W45**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5 km Straße | 26:01min | Sabine Tönnes | 15.04.2017 | Paderborn |
| 10 km Straße | 48:38,73 | Gudrun Jons | 10.05.2019 | Schloss Neuh. |
| Kugel 4 kg | 6,82 m | Sabine Tönnes | 15.06.2014 | Bad Driburg |

**Frauen W50**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5 km Straße | 25:04min | Sabine Tönnes | 31.03.2018 | Paderborn |
| 10 km Straße | 51:50,55 | Sabine Tönnes | 10.05.2019 | Schloss Neuh. |
| Speer 500g | 18,24 m | Sabine Tönnes | 14.04.2018 | Höxter |
| Kugel 3 kg | 6,84 | Sabine Tönnes | 14.04.2018 | Höxter |

**M4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 19,15s | Hauke Spieker | 20.05.2017 | Brakel | M4 |
| Ballwurf | 3,5 | Hauke Spieker | 20.05.2017 | Brakel | M4 |

**U8/M6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 9,7s | David Winkels | 11.09.2010 | Höxter | M6 |
| Weitsprung | 2,70m | David Winkels | 11.09.2010 | Höxter | M6 |
| 800m | 4:04,36 | Max Ludwig | 29.05.2019 | Brakel | M6 |
| 1000m | 4:49,85 | David Winkels | 02.05.2010 | Höxter | M6 |
| Ballwurf | 14,0m | Taribo Tönnes | 06.06.2009 | Brakel | M6 |
| Dreikampf | 444P | David Winkels | 11.09.2010 | Höxter | M6 |

**U8/M7**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 9,3s | David Winkels | 19.06.2011 | Bad Driburg | M7 |
| 800m | 3:42,49 | Sameer AlSindi | 29.05.2019 | Brakel | M7 |
| 1000m | 3:59,59 | David Winkels | 09.09.2011 | Höxter | M7 |
| Weitsprung | 2,91m | Taribo Tönnes | 11.07.2010 | Brakel | M7 |
| Ballwurf | 24,50m | Taribo Tönnes | 11.07.2010 | Brakel | M7 |
| Dreikampf | 792P | Marco Kleine | 17.06.1989 | Albaxen | M7 |
| 3x800m | 10:49,13 | Ameer Al SindiHannes StelzerLeander Hofbauer | 2018 | Brakel |  |

**U10 (M8 / M9)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4x 50m | 36,8s | Bernd Weber,Jens Welling,Markus Hütte,Oliver Drüke | 17.09.1983 | M8 |
| 4x 50m | 36,76s | Taribo Tönnes,Kai Wöstefeld,Ben Maßmann,Elias Derwig | 19.05.2012 | M8/9 |

**U10/M8**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 8,4s | Michael Wöstefeld | 26.08.1978 | Steinheim | M8 |
| Weitsprung | 3,44m | Michael Wöstefeld | 16.09.1978 | Brakel | M8 |
| Ballwurf | 45,70m | Florian Wiemers-M. | 18.08.1990 | Vörden | M8 |
| Dreikampf | 1810P | Oliver Drüke | 23.06.1984 | Bad Driburg | M8 |
| 400m | 1:23,5 | Ansgar Risse | 15.05.1977 | Brakel | M8 |
| 600m | 2:11,3 | Ansgar Risse | 18.09.1977 | Steinheim | M8 |
| 800m | 3:07,71 | Ameer AlSindi | 10.05.2019 | Schloss Neuh. | M8 |
| 1000m | 3:59,54 | Tariibo Tönnes | 09.09.2011 | Höxter | M8 |
| 3x 1000m | 13:00 | Till Auth,David Winkels,Taribo Tönnes | 19.06.2011 | Bad Driburg | M8 |

 **U10/M9**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 8,37s | Elias Derwig | 19.05.2012 | Brakel | M9 |
| Weitsprung | 3,57m | Elias Derwig | 19.05.2012 | Brakel | M9 |
| Ballwurf | 48,70m | Florian Wiemers-M. | 15.06.1991 | Höxter | M9 |
| Dreikampf | 695P | Niko Wöstefeld | 29.06.2013 | Höxter | M9 |
| 600m | 2:01,5 | Stefan Brandt | 09.06.1977 | Dortmund | M9 |
| 800m  | 2:55,6 | Ansgar Risse | 16.09.1978 | Brakel  | M9 |
| 5 km Straße | 24:15min | Matti Gersch | 26.03.2016 | Paderborn | M9 |

**U12 (M10 / M11)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4x 50m | 33,8s | Andreas Kieneke,Matthias Gersch,Thorsten Welling,Dietmar Hütte | 04.07.1981 | Holzminden |
| 4x 50m | 33,8s | Rainer Schmidtmeier,Markus Klocke,Marc Bögehold,Rainer Weinholz | 17.09.1983 | Höxter |
| 4x75m | 38,76 | Kai WöstefeldJanick StrobaKyle Lian JonesJonas Hostmann | 15.06.2014 | Bad Driburg |
| 3x 600m | 6:21 | Norbert Brisgies,Ansgar Risse,Stefan Brandt | 19.05.1978 | Bad Driburg |
| 3x 800m | 10:04,21 | Matti GerschLevin KaiserMaximilian Heidemann | 02.07.2017 | Borgentreich |
| 3x 1000m | 11:43,54 | David Winkels,Till Auth,Taribo Tönnes | 23.06.2012 | Höxter |

**U12/M10**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,80s | Elias Derwig | 29.06.2013 | Höxter | M10 |
| Weitsprung | 4,18 | Elias Derwig | 29.06.2013 | Höxter | M10 |
| Ball | 51,6m | Matthias Gersch | 22.05.1982 | Holzminden | M10 |
| Dreikampf | 1901P | Ansgar Risse | 25.08.1979 | Steinheim | M10 |
| Dreikampf neu | 1004P | Elias Derwig | 29.06.2013 | Höxter | M10 |
| 800m | 3:04,93 | Taribo Tönnes | 29.05.2013 | Höxter | M10 |
| 1000m | 3:55,04 | Lars Winkels | 02.06.1910 | Höxter | M10 |
| 5 km Straße | 24:33 | Maximilian Heidemann | 15.04.2017 | Paderborn | M10 |
| 5 km Straße | 27:28 | Levin Kaiser | 15.04.2017 | Paderborn | M11 |

**U12/M11**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,4s | Florian Köhne | 03.05.1998 | Höxter | M11 |
| Weitsprung | 4,17m | Florian Köhne | 21.09.1998 | Paderborn | M11 |
| Ballwurf 80g | 41,50 | Taribo Tönnes | 15.06.2014 | Bad Driburg | M11 |
| Dreikampf  | 866 P | Till Auth | 25.05.2014 | Höxter | M11 |
| Hochsprung | 1,25m | Florian Köhne | 15.03.1998 | Höxter | M11 |
| 1000m | 3:39,8 | Florian Köhne | 17.06.1998 | Höxter | M11 |
| 5000m |  | Taribo Tönnes | 19.04.2014 | Paderborn | M11 |

**U14 (M12 / M13)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50m | 7,1s | Florian Köhne | 06.06.1999 | Höxter | M12 |
| 50m | 7,8s | Daniel Zimmermann | 21.09.1998 | Paderborn | M13 |
| 75m | 10,4s | Markus Hütte | 04.07.1987 | Vörden | M12 |
| 75m | 10,69 | Jannick Stroba | 20.05.2017 | Brakel | M13 |
| Weitsprung | 4,76m | Florian Köhne | 06.06.1999 | Höxter | M12 |
| Weitsprung | 4,13m | Lutz Risse | 29.08.2015 | Brakel | M13 |
| Ball 80gr | 47m | Elmar Derwig | 19.09.1976 | Steinheim | M12 |
| Ball 200gr | 49m | Elmar Derwig | 10.07.1976 | Peckelsheim | M12 |
| Ball 200gr | 42m | Lutz Risse | 29.08.2015 | Brakel | M13 |
| Kugel 3 kg | 8,45m | Stefan Winkelhahn | 09.09.1996 | Höxter | M12 |
| Kugel 3 kg | 6,40 m | Taribo Tönnes | 23.04.2016 | Höxter | M13 |
| Diskus 750 g | 17,74 m | Jonas Hostmann | 23.04.2016 | Höxter | M12 |
| Diskus 750 g | 19,72 m | Leon Pollmann | 14.04.2019 | Höxter | M13 |
| Speer 400 g | 22,25 m | Leon Pollmann | 14.04.2018 | Höxter | M12 |
| Speer | 33,88m | Klaus Wöstefeld | 16.09.1979 | Bad Salzuflen | M13 |
| Dreikampf | 2275P | Markus Hütte  | 17.06.1987 | Albaxen | M12 |
| 800m | 2:42,0 | Ansgar Risse  | 19.06.1981 | Brakel | M12 |
| Hochsprung | 1,20m | Lutz Risse | 15.06.2014 | Bad Driburg | M12 |
| Hochsprung | 1,20m | Lutz Risse | 29.08.2015 | Brakel | M13 |
| Dreikampf neu | 1115P | Elias Derwig | 01.06.2015 | Höxter | M12 |
| 1000m | 3:18,44 | Bernd Weber | 04.09.1988 | Bad Driburg | M13 |
| 2000m | 7:35,7 | Jonas Hostmann | 14.06.2017 | Brakel | M13 |
| 5 km Straße | 22:21 min | Till Auth | 04.04.2015 | Paderborn | M12 |
| 5 km Straße | 22:41 min | Maximilian Heidemann | 31.03.2018 | Paderborn | M13 |
| 10km | 39:54,3 | Bernd Weber | 22.10.1988 | Schieder | M13 |
| 4x 75m  | 45,54  | Lutz RisseJannick StrobaTaribo TönnesElias Derwig | 29.08.2015 | Brakel |  |
| 3x800m | 9:05,75 | Elias Derwig,Nico Wöstefeld,Taribo Tönnes | 01.06.2015 | Höxter |  |
| 3x1000m | 10:58,4 | Markus Hütte,Bernd Weber,Oliver Drüke | 13.05.1988 | Höxter |  |

**U16 (M14 / M15)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 75m | 11,2s | Bernd Weber | 20.05.1989 | Brakel | M14 |
| 75m | 11,2s | Dominik Mönnekes | 03.05.1998 | Brakel | M14 |
| 100m | 12,5s | Markus Bömelburg | 16.09.1984 | Bad Salzuflen | M14 |
| 80 m Hürden | 16,35s | Yasser Neehmu | 03.10.2017 | Minden | M15 |
| Weitsprung | 4,96m | Markus Bömelburg | 14.06.1984 | Brakel | M14 |
| Ball 200g | 48m | Bernd Weber | 20.05.1989 | Brakel | M14 |
| Kugel | 9,91m | Markus Bömelburg | 16.09.1984 | Bad Salzuflen | M14 |
| Kugel | 9,04m | Dominik Mönnekes | 21.09.1998 | Paderborn | M15 |
| Diskus | 18,33 m | Jonas Hostmann | 14.04.2018 | Höxter | M14 |
| Diskus | 21,13 m | Jonas Hostmann | 14.04.2019 | Höxter | M15 |
| Dreikampf | 2640P | Markus Bömelburg | 23.06.1984 | Bad Driburg | M14 |
| Dreikampf neu | 866 P | Gezim Pezerija | 04.09.2016 | Bad Driburg | M14 |
| 800m | 3:17,5 | Luis Worms | 14.06.2017 | Brakel | M14 |
| 1000m | 3:06,8 | Bernd Weber | 17.09.1989 | Holzminden | M14 |
| 1000m | 3:09,39 | Bernd Weber | 20.05.1990 | Holzminden | M15 |
| 2000m | 7:39,92 | Gezim Pezerija | 25.05.2016 | Brakel | M14 |
| 3000 m | 12:30,21 | Yasser Neehmu | 04.09.2016 | Bad Driburg | M14 |
| 3000 m | 11:55,45  | Yasser Neehmu | 17.09.2017 | Bad Driburg | M15 |
| Speer 600 g | 21,73 m | Taribo Tönnes | 03.10.2017 | Minden | M14 |
| Speer 600 g | 24,77 m | Jonas Hostmann | 14.04.2019 | Höxter | M15 |
| Hochsprung | 1,56m | Elmar Derwig | 26.08.1978 | Steinheim | M14 |
| 5 km Straße | 21:56min | Gezim Pezerija | 21.05.2016 | Bentfeld | M14 |
| 5 km Straße | 20:07 | Yaser Neemu | 15.04.2017 | Paderborn | M15 |
| 5000m | 20:30,1 | Yaser Neehmu | 14.06.2017 | Brakel | M15 |
| 10km | 39:53 | Bernd Weber | 28.10.1989 | Schieder | M14 |
| 10km | 39:33 | Bernd Weber | 27.06.1990 | Brakel | M15 |
| 4x 100m | 54,2s | Matthias Hilke,Elmar Derwig,Klaus Hasenbein,Dieter Leßmann | 17.09.1978 | Brakel |  |
| 3x 1000m | 10:39,4 | Klaus Hasenbein,Stefan Kremeier,Dieter Leßmann | 19.05.1978 | Bad Driburg |  |

 **U18**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100m | 12,6s | Dieter Leßmann | 17.08.1980 | Ovenhausen | M16 |
| Weitsprung | 5,12m | Sebastian Brand | 03.05.1998 | Höxter  | M16 |
| Weitsprung | 5,18m | Dieter Leßmann | 13.09.1981 | Brakel | M17 |
| Hochsprung | 1,76m | Sebastian Brand | 21.09.1998 | Paderborn | M16 |
| Kugel | 8,71m | Taribo Tönnes | 14.04.2019 | Höxter | M16 |
| Diskus | 18,01m | Taribo Tönnes | 14.04.2019 | Höxter | M16 |
| Dreikampf | 2705P | Ralf Bitterberg | 23.06.1984 | Bad Driburg | M16 |
| Dreikampf | 2827P | Dieter Leßmann | 13.09.1981 | Brakel  | M17 |
| Speer | 26,72 | Taribo Tönnes | 14.04.2019 | Höxter | M16 |
| 3x1000m | 10:39,99 | Yaser NeehmuTaribo TönnesFrederic Tebbe | 2018 | Brakel |  |
| 400m | 1:02,4 | Sebastian Brand | 03.05.1998 | Höxter | M16 |
| 800m | 2:20,7 | Sebastian Brand | 17.06.1998 | Höxter  | M16 |
| 1500m | 5:39,3  | Stefan Risse | 30.05.1981 | Höxter  | M16 |
| 5 km Straße | 19:33 | Yaser Neehmu | 31.03.2018 | Paderborn | M16 |
| 10km Straße | 37:59 | Volker Rampe | 15.09.1985 | Hannover | M16 |
| 25km | 1:51:40 | Bernd Weber | 26.10.1991 | Schieder | M16 |

**U20**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100m | 12,8s | Dieter Leßmann | 22.05.1982 | Holzminden | M18 |
| Kugel | 8,81m | Stefan Risse | 26.08.1984 | Ovenhausen | M18 |
| Speer | 36,68m | Volker Rampe | 14.06.1987 | Ovenhausen | M18 |
| 3000m | 11:34,2 | Dieter Leßmann | 22.05.1982 | Holzminden | M18 |
| 5000m | 20:43,2 | Dieter Leßmann | 02.07.1982 | Steinheim  | M18 |
| 5 km Straße | 20:03 | Firas Neehmu | 15.04.2017 | Paderborn | M19 |
| 5000m | 20:28,0 | Firas Neehmu | 14.06.2017 | Brakel | M19 |
| 10km | 36:38 | Volker Rampe | 17.05.1987 | Blankenau | M18 |
| Halbmarathon | 1:23:10 | Bernd Weber | 02.04.1994 | Paderborn | M19 |
| Marathon | 3:00,20 | Bernd Weber | 23.10.1994 | Essen | M19 |

**Männer**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100m | 12.1s | Willi Koslowski | 27.08.1977 | Höxter |
| Weitsprung | 5,50m | Michael Föst | 18.07.1976 | Brakel |
| Kugel | 9,61m | Willi Koslowski | 28.07.1977 | Höxter |
| Dreikampf | 1371P | Michael Föst | 18.07.1976 | Brakel |
| 1500m | 4:35,7 | Michael Hesse | 11.09.1976 | Höxter |
| 5000m | 16:24,6  | Bernd Weber | 01.09.1996 | Bad Driburg |
| 10km | 34:16 | Bernd Weber | 26.08.1995 | Höxter |
| 10 km Straße | 42:38 | Firas Neehmu | 31.03.2018 | Paderborn |
| Halbmarathon | 1:18:05 | Bernd Weber | 06.04.1996 | Paderborn |
| 25km | 1:45:19 | Dieter Leßmann | 06.04.1986 | Paderborn |
| Marathon  | 2:46:44 | Bernd Weber | 29.10.1995 | Frankfurt |
| 4x100m | 55,71 | Markus SpiekerMaximilian PytlikManuel SmolinskiLukas Hoppe | 23.09.2019 | Bad Driburg |
| 3x1000m | 10:41,64 | Maximilian PytlikHenning KaiseFiras Neehmu | 2018 | Brakel |

**Männer M 30**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100m | 13,6s | Dieter Hofbauer | 27.08.1977 | Höxter |
| Weitsprung | 4,72m | Dieter Hofbauer | 27.08.1977 | Höxter |
| Kugel | 8,61m | Dieter Hofbauer | 27.08.1977 | Höxter |
| 800m | 2:37,4 | Stefan Risse | 06.06.1999 | Höxter |
| 3000m | 12:10,03 | Maximilian Pytlik | 17.09.2017 | Bad Driburg |
| 5 km Straße | 20:46 | Maximilian Pytlik | 12.05.2017 | Schloss Neuhaus |
| 5000m | 22:00,3 | Maximilian Pytlik | 14.06.2017 | Brakel |
| 10km Straße | 42:03 | Maximilian Pytlik | 31.03.2018 | Paderborn |
| 25km | 1:48,25 | Bruno Arens | 25.10.1986 | Essen |
| Marathon | 3:15,22 | Bruno Arens | 27.04.1986 | Hamburg |
| 3x 1000m | 10:49,09 | Maximilian PytlikFiras NeehmuAndreas Heidemann | 02.07.2017 | Borgentreich |
| 4x100m | 55,87 | Markus SpiekerArmier MaommadiFiras NeehmuHenning Kaiser | 25.09.2017 | Bad Driburg |
| 4x 400m | 5:17,96 | Maximilian PytlikAndreas HeidemannStefan RisseHenning Kaiser | 02.07.2017 | Borgentreich |

**Männer M 35**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100m | 13.9s | Willi Weber | 27.08.1977 | Höxter |
| Weitsprung | 4,17m | Markus Spieker | 20.05.2017 | Brakel |
| Hochsprung | 1,20m | Markus Spieker | 20.05.2017 | Brakel |
| Kugel | 6,26m | Markus Spieker | 20.05.2017 | Brakel |
| Speer 800g | 29,95 m | Markus Spieker | 14.04.2018 | Höxter |
| Diskus 2kg | 10,00 m | Christoph Klocke | 14.04.2019 | Höxter |
| 4x100m | 60,35 | Markus SpiekerHenning KaiserStefan RisseAndreas Heidemann | 04.09.2016 | Bad Driburg |
| 3x1000m | 13:30,23 | Christoph KlockeStefan RisseReinhold Worms | 2018 | Brakel |
| 800m | 2:31,0 | Markus Spieker | 14.06.2017 | Brakel |
| 3000m | 10:50,57 | Markus Spieker | 05.05.2019 | Höxter |
| 5000m | 20:08,1 | Markus Spieker | 14.06.2017 | Brakel |
| 10km Straße | 39:09,67 | Markus Spieker | 10.05.2019 | Schoss Neuh. |
| Halbmarathon | 1:39,38min | Michael Gorzolka | 14.04.2018 | Erbil |
| 25km | 1:53,28 | Johannes Bögehold | 17.05.1987 | Blankenau |
| Marathon | 3:13,0 | Johannes Bögehold | 24.09.1988 | Duisburg |

**Männer M 40**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 800m | 2:50,33 | Manuel Smolinski | 29.05.2019 | Brakel |
| 5000m | 20:12,5 | Willi Weber | 02.07.1982 | Steinheim |
| 5 km Straße | 22:56 min | Andreas Heidemann | 31.03.2018 | Paderborn |
| 10km | 40:04,2 | Willi Weber | 10.04.1982 | Paderborn |
| 25km | 1:45,55 | Johannes Bögehold | 14.04.1990 | Paderborn |
| Marathon | 3:09,00 | Johannes Bögehold | 29.04.1990 | Bremen |
| Kugel 7.25kg | 8,68m | Stefan Risse | 02.05.2010 | Höxter |
| 3x 1000m | 12:56,57 | Reinhold WormsStefan RisseHenning Kaiser | 02.07.2017 | Borgentreich |

**Männer M 45**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100m | 15,07 | Stefan Brandt | 04.06.2016 | Höxter |
| Weitsprung | 3,92 | Stefan Brandt | 04.06.2016 | Höxter |
| 3000m | 14:21,64 | Akram AlSindi | 05.05.2019 | Höxter |
| 5 km Straße | 22:57 min | Stefan Brandt | 19.03.2016 | Salzkotten |
| 10km | 39:11 | Willi Weber | 01.05.1988 | Steinheim |
| 25km | 1:40,47 | Willi Weber | 11.05.1986 | Blankenau |
| Marathon | 2:55,06 | Willi Weber | 28.04.1985 | Bremen |
| Diskus 2kg | 16,93m | Stefan Risse | 20.04.2013 | Höxter |
| Kugel 7,25 | 8,72m | Stefan Brandt | 04.06.2016 | Höxter |
| Dreikampf | 1130 | Stefan Brandt | 04.06.2016 | Höxter |
| 3x1000m | 13:19,88 | Reinhold Worms;Stefan Brandt,Risse Risse, | 04.06.2016 | Höxter  |

**Männer M 50**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5 km Straße | 23:17 min | Stefan Brandt | 31.03.2018 | Paderborn |
| 10km | 40:18 | Willi Weber | 01.05.1991 | Steinheim |
| 25km | 1:41,34 | Willi Weber | 14.04.1990 | Paderborn |
| Kugel 6 kg | 9,36 m | Jörg Möhring | 29.08.2015 | Brakel |
| 100 m | 18,36 | Stefan Risse | 04.09.2016 | Bad Driburg |
| Weitsprung | 3,50 m | Stefan Risse | 04.09.2016 | Bad Driburg |
| Diskus 1,5kg | 21,10 | Ahmad Razavi Nik | 14.04.2018 | Höxter |
| Speer 700 g | 22,69 m | Stefan Risse | 23.04.2016 | Höxter |
| 3x1000m | 12:24,73 | Reinhold WormsStefan RisseBurkhard Wrenger | 19.06.2019 | Brakel |
|  |  |  |  |  |
| Marathon | 3:04:55 | Willi Weber | 29.04.1990 | Bremen |

**Männer M 55**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 100m | 16,88 | Reinhold Worms | 04.06.2016 | Höxter |
| Weitspung | 3,60 | Reinhold Worms | 04.06.2016 | Höxter |
| Kugel 6kg | 8,34 | Reinhold Worms | 04.06.2016 | Höxter |
| Dreikampf | 970 | Reinhold Worms | 04.06.2016 | Höxter |
| 1500m | 5:06,57 | Burkhard Wrenger | 08.09.2019 | Blomberg |
| 3000m | 10:43,91 | Burkhard Wrenger | 05.05.2019 | Höxter |
| 5000m Straße | 18:36,57 | Burkhard Wrenger | 10.052019 | Schloss Neuh. |
| 10km Straße | 40:14 | Willi Weber | 10.06.1994 | Vinsebeck |
| Halbmarathon | 1:19:44 | Willi Weber | 02.04.1994 | Paderborn |
| Marathon | 3:10:53 | Willi Weber | 29.05.1994 | Hannover |

**Männer M 60**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 800m | 3:36,46 | Reinhold Worms | 29.05.2019 | Brakel |
| 3000m | 15:16,02 | Reinhold Worms | 05.05.2019 | Höxter |
| 5000m | 27:33,57 | Reinhold Worms | 29.05.2019 | Brakel |
| 5 km Straße | 25:37 min | Reinhold Worms | 31.03.2018 | Paderborn |