

## Ewige LTF-Bestenliste / Männer (Stand 2011)

### 100m - Ewige LTF (1986 - 2011)

|     |                    |             |            |                |
|-----|--------------------|-------------|------------|----------------|
| 1.  | BECKER, Frank      | 00:00:12,08 | 18.09.2004 | Püttlingen     |
| 2.  | KIRCHER, Fabian    | 00:00:12,47 | 03.09.2002 | Rehlingen      |
| 3.  | BAUER, Patrick     | 00:00:12,53 | 12.09.2006 | Püttlingen     |
| 4.  | ZOBEL, Sascha      | 00:00:12,54 | 12.09.2006 | Püttlingen     |
| 5.  | KNEIP, Alexander   | 00:00:12,81 | 12.09.2006 | Püttlingen     |
| 6.  | BÖHM, Christian    | 00:00:12,89 | 19.07.1995 | Saarbrücken    |
| 7.  | KROHA, Reiner      | 00:00:13,04 | 18.09.2004 | Püttlingen     |
| 8.  | HESSEDENZ, Stephan | 00:00:13,12 | 05.07.2011 | Rehlingen      |
| 9.  | WIELAND, Klaus     | 00:00:13,15 | 21.05.2011 | Friedrichsthal |
| 10. | TRENZ, Michael     | 00:00:13,16 | 11.06.2009 | Friedrichsthal |

### 200m - Ewige LTF (1986 - 2011)

|     |                       |             |            |                |
|-----|-----------------------|-------------|------------|----------------|
| 1.  | HESSEDENZ, Stephan    | 00:00:26,48 | 12.09.2009 | Ludweiler      |
| 2.  | DEL FABRO, Carlo      | 00:00:26,59 | 04.05.1991 | Saarbrücken    |
| 3.  | HESS, Albrecht        | 00:00:26,75 | 12.09.1989 | Rehlingen      |
| 4.  | TRENZ, Michael        | 00:00:27,17 | 08.07.2009 | Saarbrücken    |
| 5.  | KIEFER, Wolfgang      | 00:00:27,48 | 15.07.2004 | Saarbrücken    |
| 6.  | MATHEIS, Dirk         | 00:00:27,54 | 14.06.2009 | Saarbrücken    |
| 7.  | SCHMIDT, Alfred       | 00:00:27,61 | 15.06.1995 | Rehlingen      |
| 8.  | MÜLLER, Joachim       | 00:00:27,71 | 02.07.2008 | Friedrichsthal |
| 9.  | NEURATH, Karl - Heinz | 00:00:27,82 | 30.05.1991 | Rehlingen      |
| 10. | LATZ, Jörg            | 00:00:28,18 | 18.09.2004 | Püttlingen     |

### 400m - Ewige LTF (1986 - 2011)

|     |                       |             |            |                |
|-----|-----------------------|-------------|------------|----------------|
| 1.  | DEL FABRO, Carlo      | 00:00:56,59 | 30.05.1991 | Rehlingen      |
| 2.  | KIRCHER, Fabian       | 00:00:57,46 | 03.09.2002 | Rehlingen      |
| 3.  | HESS, Albrecht        | 00:00:57,90 | 30.06.1990 | Saarbrücken    |
| 4.  | HESSEDENZ, Stephan    | 00:00:58,06 | 26.08.2008 | Rehlingen      |
| 5.  | BODEWIG, Lukas        | 00:00:59,57 | 03.09.2002 | Rehlingen      |
| 6.  | MATHEIS, Dirk         | 00:00:59,71 | 11.06.2009 | Friedrichsthal |
| 7.  | IWANSKI, Georg        | 00:01:00,27 | 23.06.2002 | Merzig         |
| 8.  | MÜLLER, Joachim       | 00:01:00,50 | 26.08.2008 | Rehlingen      |
| 9.  | NEURATH, Karl - Heinz | 00:01:01,04 | 11.07.1987 | Saarbrücken    |
| 10. | TRENZ, Michael        | 00:01:01,93 | 22.05.2008 | Friedrichsthal |

### 800m - Ewige LTF (1986 - 2011)

|    |                    |             |            |                |
|----|--------------------|-------------|------------|----------------|
| 1. | LÄNGER, Roman      | 00:01:57,28 | 05.08.1987 | Saarbrücken    |
| 2. | SCHNEIDER, Kai     | 00:02:07,53 | 08.06.1996 | Saarlouis      |
| 3. | ZENDER, Reiner     | 00:02:07,82 | 26.06.2010 | Kaiserslautern |
| 4. | DECKER, Pascal     | 00:02:07,83 | 13.07.1988 | Saarbrücken    |
| 5. | DEL FABRO, Carlo   | 00:02:08,30 | 02.06.1994 | Rehlingen      |
| 6. | HESSEDENZ, Stephan | 00:02:08,40 | 08.06.2008 | Rehlingen      |
| 7. | HESS, Albrecht     | 00:02:09,30 | 30.06.1989 | Saarbrücken    |
| 8. | SCHMELZER, Martin  | 00:02:10,90 | 30.07.1991 | Rehlingen      |

|     |                 |             |            |                |
|-----|-----------------|-------------|------------|----------------|
| 9.  | KIRCHER, Fabian | 00:02:12,98 | 27.06.2002 | Saarbrücken    |
| 10. | KLINKNER, Olaf  | 00:02:13,36 | 07.06.2007 | Friedrichsthal |

### 1000m - Ewige LTF (1986 - 2011)

|     |                    |             |            |             |
|-----|--------------------|-------------|------------|-------------|
| 1.  | LÄNGER, Roman      | 00:02:31,29 | 02.09.1987 | Saarbrücken |
| 2.  | ZENDER, Reiner     | 00:02:38,75 | 22.07.2010 | Saarbrücken |
| 3.  | SCHNEIDER, Kai     | 00:02:39,73 | 17.08.1996 | Rehlingen   |
| 4.  | DECKER, Pascal     | 00:02:46,34 | 03.08.1988 | Saarbrücken |
| 5.  | HESS, Albrecht     | 00:02:47,54 | 04.07.1990 | Saarbrücken |
| 6.  | HESSEDENZ, Stephan | 00:02:48,49 | 25.07.2009 | Merzig      |
| 7.  | SCHMELZER, Martin  | 00:02:48,90 | 18.09.1990 | Saarbrücken |
| 8.  | KIRCHER, Fabian    | 00:02:50,98 | 13.06.2002 | Saarbrücken |
| 9.  | BODEWIG, Norbert   | 00:02:52,14 | 25.07.1989 | Rehlingen   |
| 10. | NILIUS, Udo        | 00:02:53,79 | 07.09.1988 | Saarbrücken |

### 1500m - Ewige LTF (1986 - 2011)

|     |                  |             |            |             |
|-----|------------------|-------------|------------|-------------|
| 1.  | LÄNGER, Roman    | 00:04:03,12 | 21.07.1987 | Rehlingen   |
| 2.  | SCHNEIDER, Kai   | 00:04:11,00 | 10.09.1996 | Rehlingen   |
| 3.  | NEURATH, Claus   | 00:04:11,06 | 23.08.1988 | Rehlingen   |
| 4.  | ZENDER, Reiner   | 00:04:13,92 | 10.07.2010 | Yutz        |
| 5.  | DEL FABRO, Carlo | 00:04:14,99 | 30.05.1991 | Rehlingen   |
| 6.  | DIETRICH, Robert | 00:04:22,05 | 22.08.1989 | Rehlingen   |
| 7.  | DECKER, Pascal   | 00:04:24,81 | 20.09.1988 | Rehlingen   |
| 8.  | HESS, Albrecht   | 00:06:26,63 | 28.08.1990 | Saarbrücken |
| 9.  | LÖW, Michael     | 00:04:28,44 | 19.05.1990 | Saarbrücken |
| 10. | BODEWIG, Norbert | 00:04:29,62 | 02.08.1989 | Saarbrücken |

### 3000m - Ewige LTF (1986 - 2011)

|     |                  |             |            |             |
|-----|------------------|-------------|------------|-------------|
| 1.  | SCHNEIDER, Kai   | 00:08:47,35 | 15.09.1996 | Weinheim    |
| 2.  | LÄNGER, Roman    | 00:08:57,70 | 29.07.1987 | Saarbrücken |
| 3.  | KOCH, Wolfgang   | 00:08:57,90 | 06.02.1989 | Dillingen   |
| 4.  | NEURATH, Claus   | 00:09:05,77 | 03.08.1988 | Saarbrücken |
| 5.  | ZENDER, Reiner   | 00:09:12,52 | 29.07.2010 | Saarbrücken |
| 6.  | HESS, Albrecht   | 00:09:27,72 | 24.07.1991 | Saarbrücken |
| 7.  | ASARO, Antonio   | 00:09:28,19 | 04.06.1998 | Saarlouis   |
| 8.  | BODEWIG, Norbert | 00:09:29,90 | 06.02.1989 | Dillingen   |
| 9.  | JOCHER, Manfred  | 00:09:30,20 | 06.02.1989 | Dillingen   |
| 10. | BLANK, Heinz     | 00:09:30,89 | 03.08.1988 | Saarbrücken |

### 5000m - Ewige LTF (1986 - 2011)

|    |                  |             |            |             |
|----|------------------|-------------|------------|-------------|
| 1. | KOCH, Wolfgang   | 00:15:33,51 | 06.09.1989 | Saarbrücken |
| 2. | SCHNEIDER, Kai   | 00:15:37,26 | 28.09.1996 | Rehlingen   |
| 3. | NEURATH, Claus   | 00:15:44,68 | 13.08.1988 | Rehlingen   |
| 4. | BLANK, Heinz     | 00:15:51,00 | 25.05.1997 | Saarbrücken |
| 5. | DEL FABRO, Carlo | 00:15:57,30 | 10.06.1993 | Ottweiler   |
| 6. | ZENDER, Reiner   | 00:16:19,06 | 06.06.2010 | Rehlingen   |
| 7. | ASARO, Antonio   | 00:16:22,88 | 11.06.1998 | Rehlingen   |
| 8. | GROß, Dirk       | 00:16:31,20 | 13.08.1994 | Rehlingen   |

|     |                  |             |            |             |
|-----|------------------|-------------|------------|-------------|
| 9.  | BODEWIG, Norbert | 00:16:31,26 | 06.09.1989 | Saarbrücken |
| 10. | JOCHUM, Manfred  | 00:16:31,83 | 03.06.1989 | Saarbrücken |

### 5000m / Bahngehen - Ewige LTF (1986 - 2011)

|    |                    |             |            |           |
|----|--------------------|-------------|------------|-----------|
| 1. | HESSEDENZ, Stephan | 00:31:43,01 | 25.09.2010 | Ludweiler |
| 2. | LATZ, Jörg         | 00:34:11,34 | 25.09.2010 | Ludweiler |
| 3. | REITER, Michael    | 00:34:34,58 | 25.09.2010 | Ludweiler |

### 1000 m - Ewige LTF (1986 - 2011)

|     |                  |             |            |             |
|-----|------------------|-------------|------------|-------------|
| 1.  | KOCH, Wolfgang   | 00:32:00,68 | 30.09.1989 | Rehlingen   |
| 2.  | NEURATH, Claus   | 00:32:54,84 | 15.09.1988 | Saarbrücken |
| 3.  | LÄNGER, Roman    | 00:33:07,08 | 15.09.1988 | Saarbrücken |
| 4.  | DEL FABRO, Carlo | 00:33:45,10 | 17.03.1991 | Dillingen   |
| 5.  | DECKER, Pascal   | 00:33:54,30 | 17.03.1991 | Dillingen   |
| 6.  | ASARO, Antonio   | 00:33:57,23 | 23.09.1998 | St. Wendel  |
| 7.  | ZENDER, Reiner   | 00:33:57,50 | 17.04.2010 | Rehlingen   |
| 8.  | BLANK, Heinz     | 00:34:10,05 | 24.04.1988 | Saarbrücken |
| 9.  | BODEWIG, Norbert | 00:34:23,38 | 16.04.1989 | Dillingen   |
| 10. | SCHNUR, Harald   | 00:34:30,03 | 26.04.1994 | Rehlingen   |

### 10 km - Ewige LTF (1986 - 2011)

|     |                    |             |            |             |
|-----|--------------------|-------------|------------|-------------|
| 1.  | SCHNEIDER, Kai     | 00:33:39,00 | 15.06.1996 | Püttlingen  |
| 2.  | ZENDER, Reiner     | 00:34:08,00 | 21.06.2009 | Trier       |
| 3.  | HESSEDENZ, Stephan | 00:34:21,00 | 16.10.2005 | Saarbrücken |
| 4.  | DERNBECHER, Kurt   | 00:34:22,00 | 12.07.1997 | Saarbrücken |
| 5.  | ASARO, Antonio     | 00:34:25,00 | 12.07.1997 | Saarbrücken |
| 6.  | DECKER, Pascal     | 00:34:34,00 | 05.10.1997 | Saarlouis   |
| 7.  | SCHMIDT, Mike      | 00:34:46,00 | 21.08.1999 | Neunkirchen |
| 8.  | SERVAS, Klaus      | 00:34:47,00 | 24.04.2004 | St. Ingbert |
| 9.  | KLINKNER, Olaf     | 00:34:54,70 | 29.04.2006 | St. Ingbert |
| 10. | BLANK, Heinz       | 00:35:00,00 | 08.10.1995 | Saarlouis   |

### 21,0975 km - Ewige LTF (1986 - 2011)

|     |                  |             |            |             |
|-----|------------------|-------------|------------|-------------|
| 1.  | DEL FABRO, Carlo | 01:13:18,00 | 28.03.1993 | Saarbrücken |
| 2.  | SCHNUR, Harald   | 01:13:19,00 | 27.03.1994 | Saarbrücken |
| 3.  | BLANK, Heinz     | 01:13:26,00 | 28.03.1993 | Saarbrücken |
| 4.  | ZENDER, Reiner   | 01:13:38,00 | 28.03.2010 | Berlin      |
| 5.  | GROß, Dirk       | 01:14:29,00 | 28.03.1993 | Saarbrücken |
| 6.  | JOCHUM, Rüdiger  | 01:15:01,00 | 19.03.2000 | Saarbrücken |
| 7.  | SCHMIDT, Mike    | 01:15:25,00 | 11.10.1999 | Offenbach   |
| 8.  | ASARO, Antonio   | 01:15:30,00 | 19.09.1999 | Karlsruhe   |
| 9.  | KUNZE, Rolf      | 01:16:21,00 | 21.09.1997 | Karlsruhe   |
| 10. | BODEWIG, Norbert | 01:16:48,00 | 28.03.1993 | Saarbrücken |

### 42,195 km - Ewige LTF (1986 - 2011)

|     |                   |             |            |            |
|-----|-------------------|-------------|------------|------------|
| 1.  | KOCH, Wolfgang    | 02:30:09,00 | 15.10.1989 | Kandel     |
| 2.  | NEURATH, Claus    | 02:33:26,00 | 30.10.1988 | Frankfurt  |
| 3.  | BLANK, Heinz      | 02:35:59,00 | 18.04.1993 | Hannover   |
| 4.  | BODEWIG, Norbert  | 02:36:56,00 | 30.09.1990 | Berlin     |
| 5.  | SUTOR, Josef      | 02:38:50,00 | 23.04.1989 | München    |
| 6.  | KUNZE, Rolf       | 02:39:11,00 | 24.10.1993 | Echternach |
| 7.  | DEL FABRO, Carlo  | 02:39:18,00 | 29.09.1996 | Berlin     |
| 8.  | RUPPERT, Thomas   | 02:39:34,00 | 20.09.1996 | Berlin     |
| 9.  | KLESSING, Michael | 02:39:39,00 | 09.04.1988 | Bremen     |
| 10. | SCHÄFER, Werner   | 02:40:08,00 | 20.10.1991 | Essen      |

### 100 km - Ewige LTF (1986 - 2011)

|     |                      |             |            |           |
|-----|----------------------|-------------|------------|-----------|
| 1.  | NEURATH, Wolfgang    | 07:57:32,00 | 28.04.1990 | Rodenbach |
| 2.  | SUTOR, Josef         | 08:14:30,00 | 19.10.1996 | Rodenbach |
| 3.  | NEURATH, Karl- Heinz | 08:22:55,00 | 28.04.1990 | Rodenbach |
| 4.  | LANG, Jakob          | 08:24:07,00 | 19.10.1996 | Rodenbach |
| 5.  | PINK, Günter         | 09:14:30,00 | 29.04.2006 | Rodenbach |
| 6.  | DIETZ, Martin        | 09:20:21,00 | 24.03.2007 | Kienbaum  |
| 7.  | BLUM, Ernst- Josef   | 09:23:02,00 | 12.08.2006 | Leipzig   |
| 8.  | KUNZE, Rolf          | 09:47:50,00 | 09.06.1995 | Biel      |
| 9.  | KARLE, Manfred       | 09:53:44,00 | 16.04.1994 | Rodenbach |
| 10. | ZIMMER, Christian    | 10:07:47,00 | 13.06.2008 | Biel      |

### 4x100m - Ewige LTF (1986 - 2011)

|     |                                     |             |            |                |
|-----|-------------------------------------|-------------|------------|----------------|
| 1.  | TRENZ/ HESSEDENZ/<br>WIELAND/ SUCK  | 00:00:51,53 | 03.06.2010 | Friedrichsthal |
| 2.  | TRENZ/ WIELAND/<br>MAAS/ HESSEDENZ  | 00:00:53,25 | 21.05.2011 | Friedrichsthal |
| 3.  | SUCK/ MÜLLER/<br>MATHEIS/ HESSEDENZ | 00:00:53,46 | 15.05.2010 | Friedrichsthal |
| 4.  | KROHA/ MAAS/ LATZ/ BECKER           | 00:00:53,90 | 03.06.2010 | Friedrichsthal |
| 5.  | TRENZ/ MÜLLER/ LATZ/ MÜLLER         | 00:00:53,98 | 02.07.2008 | Friedrichsthal |
| 6.  | TRENZ/ BOUDIER/ LATZ/ SUCK          | 00:00:54,62 | 11.06.2009 | Friedrichsthal |
| 7.  | TRENZ/ MAAS/ LATZ/ MORGOTT          | 00:00:54,72 | 22.05.2008 | Friedrichsthal |
| 8.  | KLEIN/ MAAS/ LATZ/ MORGOTT          | 00:00:55,52 | 07.06.2007 | Friedrichsthal |
| 9.  | SCHNEIDER/ SCHARIO/ REIMANI         | 00:00:56,68 | 13.08.2011 | Friedrichsthal |
| 10. | LESCH/ LIPPERT/<br>REIMANN/ MÜLLER  | 00:00:59,37 | 22.05.2008 | Friedrichsthal |

### 4x400m - Ewige LTF (1986 - 2011)

|    |                                     |             |            |                |
|----|-------------------------------------|-------------|------------|----------------|
| 1. | TRENZ/ HESSEDENZ/<br>WIELAND/ SUCK  | 00:03:59,58 | 03.07.2010 | Kevelaer       |
| 2. | TRENZ/ WIELAND/<br>LATZ/ HESSEDENZ  | 00:04:06,49 | 16.09.2009 | Friedrichsthal |
| 3. | MÜLLER/ MÜLLER/<br>TRENZ/ HESSEDENZ | 00:04:08,76 | 10.09.2008 | Friedrichsthal |
| 4. | TRENZ/MATHEIS/LATZ/ZENDER           | 00:04:08,86 | 07.06.2009 | Homburg        |

|    |                                    |                            |                          |                                  |
|----|------------------------------------|----------------------------|--------------------------|----------------------------------|
| 5. | TRENZ/ MÜLLER/<br>MÜLLER/HESSEDENZ | 00:04:09,18                | 08.08.2008               | Ludweiler                        |
| 6. | MAAS/JOCHUM/<br>REIMANN/BOUDIER    | 00:04:36,96<br>00:00:54,72 | 16.09.2009<br>22.05.2008 | Friedrichsthal<br>Friedrichsthal |

### 3x1000m Ewige LTF (1986 - 2011)

|     |                           |             |            |                |
|-----|---------------------------|-------------|------------|----------------|
| 1.  | DECKER/ DECKER/ LÖW       | 00:08:38,11 | 02.04.1991 | Rehlingen      |
| 2.  | HESSEDENZ/ TRENZ/ ZENDER  | 00:08:53,64 | 24.04.2010 | Piesbach       |
| 3.  | LIPPERT/ MÜLLER/ DIETRICH | 00:09:27,10 | 09.06.2007 | Friedrichsthal |
| 4.  | SCHNEIDER/ GEBER/ MAAS    | 00:09:29,10 | 17.09.2011 | Völklingen     |
| 5.  | SCHMIDT/ SCHNEIDER/ LÖW   | 00:09:41,94 | 10.05.1994 | Rehlingen      |
| 6.  | LIPPERT/ KIEFER/ ECHTERN. | 00:09:57,37 | 24.04.2004 | Püttlingen     |
| 7.  | TRENZ/ SUCK/ MAAS         | 00:10:00,51 | 27.04.2008 | Piesbach       |
| 8.  | BOUDIER/ MAAS/ WIELAND    | 00:10:16,74 | 24.04.2010 | Piesbach       |
| 9.  | LATZ/ BOUDIER/ MAAS       | 00:10:19,76 | 16.09.2009 | Friedrichsthal |
| 10. | SERF/ LIPPERT/ REIMANN    | 00:10:21,91 | 27.04.2008 | Piesbach       |

## LTF - Bestenliste - 2011 - Frauen

### 100m - Ewige LTF (1986 - 2011)

|     |                     |             |            |                |
|-----|---------------------|-------------|------------|----------------|
| 1.  | BINDEL, Christine   | 00:00:14,71 | 18.09.2004 | Püttlingen     |
| 2.  | KOSCHORKE, Judith   | 00:00:14,90 | 26.05.2007 | Ludweiler      |
| 3.  | LAßOTTA, Anja       | 00:00:15,12 | 05.07.2011 | Rehlingen      |
| 4.  | BÖHM, Judith        | 00:00:15,22 | 19.07.1995 | Saarbrücken    |
| 5.  | RABER, Christina    | 00:00:15,46 | 20.04.1994 | Saarbrücken    |
| 6.  | MAAS, Claudia       | 00:00:15,57 | 02.07.2008 | Friedrichsthal |
| 7.  | THEIS, Daniela      | 00:00:15,62 | 11.06.2009 | Friedrichsthal |
| 7.  | RAUBUCH, Juliane    | 00:00:15,62 | 22.05.2008 | Friedrichsthal |
| 8.  | BLUG, Katja         | 00:00:15,74 | 03.06.2010 | Friedrichsthal |
| 9.  | WAX, Renate         | 00:00:17,39 | 08.06.1997 | Rehlingen      |
| 10. | HERMANN, Bernadette | 00:00:17,40 | 18.09.2004 | Püttlingen     |

### 200m - Ewige LTF (1986 - 2011)

|     |                   |             |            |                |
|-----|-------------------|-------------|------------|----------------|
| 1.  | BINDEL, Christine | 00:00:30,45 | 18.09.2004 | Püttlingen     |
| 2.  | RABER, Chritina   | 00:00:31,08 | 31.09.1993 | Rehlingen      |
| 3.  | THEIS, Daniela    | 00:00:32,23 | 21.05.2011 | Friedrichsthal |
| 4.  | MAAS, Claudia     | 00:00:32,43 | 22.05.2008 | Friedrichsthal |
| 5.  | BLUG, Katja       | 00:00:32,55 | 29.07.2010 | Saarbrücken    |
| 6.  | LAßOTTA, Anja     | 00:00:33,18 | 05.07.2011 | Rehlingen      |
| 7.  | RAUBUCH, Juliane  | 00:00:33,49 | 11.06.2009 | Friedrichsthal |
| 8.  | KOSCHORKE, Judith | 00:00:34,36 | 18.09.2004 | Püttlingen     |
| 9.  | HESSEDENZ, Sabine | 00:00:37,01 | 03.06.2010 | Friedrichsthal |
| 10. | WAX, Renate       | 00:00:37,20 | 08.06.1997 | Rehlingen      |

### 400m - Ewige LTF (1986 - 2011)

|    |                  |             |            |                |
|----|------------------|-------------|------------|----------------|
| 1. | BLUG, Katja      | 00:01:11,12 | 22.07.2010 | Saarbrücken    |
| 2. | RABER, Christina | 00:01:13,63 | 20.04.1994 | Saarbrücken    |
| 3. | MAAS, Claudia    | 00:01:13,68 | 02.07.2008 | Friedrichsthal |
| 4. | RAUBUCH, Juliane | 00:01:15,55 | 26.08.2008 | Rehlingen      |
| 5. | FABER, Ursula    | 00:01:23,51 | 07.07.2011 | Saarbrücken    |

### 800m - Ewige LTF (1986 - 2011)

|     |                   |             |            |                |
|-----|-------------------|-------------|------------|----------------|
| 1.  | Jahr, Kerstin     | 00:02:27,21 | 12.06.2000 | Rehlingen      |
| 2.  | KOSCHORKE, Judith | 00:02:31,70 | 25.07.2007 | Saarbrücken    |
| 3.  | LATZ, Beatrice    | 00:02:36,21 | 09.07.2006 | Merzig         |
| 4.  | SCHORR, Melanie   | 00:02:40,33 | 15.08.1992 | Saarbrücken    |
| 5.  | GILLET, Martina   | 00:02:42,56 | 27.04.1994 | Saarbrücken    |
| 6.  | WORMER, Gudrun    | 00:02:42,74 | 16.07.1996 | Rehlingen      |
| 7.  | KRUPA, Gabi       | 00:02:44,64 | 06.06.1996 | Rehlingen      |
| 8.  | MAAS, Claudia     | 00:02:45,68 | 07.06.2007 | Friedrichsthal |
| 9.  | BLUM, Dorothee    | 00:02:45,74 | 09.05.1990 | Saarbrücken    |
| 10. | THEIS, Daniela    | 00:02:46,66 | 21.05.2011 | Friedrichsthal |

### 1000m - Ewige LTF (1986 - 2011)

|    |                   |             |            |             |
|----|-------------------|-------------|------------|-------------|
| 1. | KOSCHORKE, Judith | 00:03:22,12 | 12.07.2007 | Saarbrücken |
| 2. | Jahr, Kerstin     | 00:03:36,60 | 11.07.2007 | Rehlingen   |
| 3. | RAUBUCH, Juliane  | 00:03:37,65 | 19.06.2008 | Saarbrücken |
| 4. | GILLET, Martina   | 00:03:40,68 | 29.04.1995 | Rehlingen   |
| 5. | BLANK, Gertrud    | 00:04:00,25 | 29.04.1995 | Rehlingen   |

### 1500m - Ewige LTF (1986 - 2011)

|     |                       |             |            |             |
|-----|-----------------------|-------------|------------|-------------|
| 1.  | DEL FABRO, Bärbel     | 00:05:04,12 | 18.06.1992 | Rehlingen   |
| 2.  | BLUM, Dorothee        | 00:05:23,76 | 02.08.1989 | Saarbrücken |
| 3.  | WORMER, Gudrun        | 00:05:26,41 | 01.08.1996 | Saarbrücken |
| 4.  | BARKEY, Edith         | 00:05:32,34 | 13.08.1986 | Saarbrücken |
| 5.  | KRUPA, Gabi           | 00:05:33,13 | 26.07.1995 | Saarbrücken |
| 6.  | DIETRICH, Evelyn      | 00:05:36,55 | 30.06.1990 | Saarbrücken |
| 7.  | GILLET, Martina       | 00:05:37,91 | 29.06.1993 | Rehlingen   |
| 8.  | KNICKENBERG, Brigitte | 00:05:40,02 | 29.06.1993 | Rehlingen   |
| 9.  | DÖRRENBÄCHER, Evi     | 00:05:43,40 | 15.02.1988 | Dillingen   |
| 10. | RAUBUCH, Juliane      | 00:05:46,05 | 23.07.2009 | Saarbrücken |

### 3000m - Ewige LTF (1986 - 2011)

|     |                  |             |            |              |
|-----|------------------|-------------|------------|--------------|
| 1.  | RUPPERT, Margret | 00:10:24,96 | 26.01.1997 | Mannheim     |
| 2.  | DEL FABRO        | 00:10:42,04 | 21.06.1988 | Rehlingen    |
| 3.  | DÖRR, Sabine     | 00:10:59,62 | 20.07.1993 | Rehlingen    |
| 4.  | MATHIEU, Astrid  | 00:11:17,70 | 17.01.1999 | Ludwigshafen |
| 5.  | GILLET, Martina  | 00:11:31,00 | 02.07.1997 | Saarbrücken  |
| 6.  | DIETRICH, Evelyn | 00:11:34,31 | 11.09.1990 | Rehlingen    |
| 7.  | WORMER, Gudrun   | 00:11:36,84 | 18.07.1995 | Saarbrücken  |
| 8.  | BLUM, Dorothee   | 00:11:43,90 | 16.07.1986 | Saarbrücken  |
| 9.  | KRUPA, Gabi      | 00:11:55,79 | 15.06.1995 | Rehlingen    |
| 10. | BARKEY, Edith    | 00:11:56,10 | 16.07.1986 | Saarbrücken  |

### 5000m - Ewige LTF (1986 - 2011)

|     |                     |             |            |             |
|-----|---------------------|-------------|------------|-------------|
| 1.  | RUPPERT, Margret    | 00:17:45,80 | 04.07.1996 | Saarbrücken |
| 2.  | STROHE, Anja        | 00:17:55,62 | 05.08.2008 | Rehlingen   |
| 3.  | DÖRR, Sabine        | 00:19:12,78 | 25.09.1993 | Rehlingen   |
| 4.  | PHILIPPI, Gabriele  | 00:19:18,00 | 23.07.1997 | Saarbrücken |
| 5.  | BLUM, Dorothee      | 00:19:53,47 | 29.08.1988 | Rehlingen   |
| 6.  | GILLET, Martina     | 00:19:55,06 | 06.09.1995 | St. Wendel  |
| 7.  | WEINKAUFF, Angelika | 00:20:18,66 | 29.08.1998 | Ottweiler   |
| 8.  | DIETRICH, Evelyn    | 00:20:21,04 | 28.08.1990 | Rehlingen   |
| 9.  | SCHMIDT, Tanja      | 00:20:26,38 | 03.06.1999 | Rehlingen   |
| 10. | WORMER, Gudrun      | 00:20:33,32 | 25.06.1996 | Rehlingen   |

### 10000m - Ewige LTF (1986 - 2011)

|     |                     |             |            |                |
|-----|---------------------|-------------|------------|----------------|
| 1.  | RUPPERT, Margret    | 00:36:50,73 | 17.04.1999 | Rehlingen      |
| 2.  | STROHE, Anja        | 00:38:34,50 | 24.04.2004 | Rehlingen      |
| 3.  | DEL FABRO, Bärbel   | 00:40:22,57 | 12.04.1988 | Rehlingen      |
| 4.  | GILLET, Martina     | 00:39:55,00 | 14.09.1995 | Kaiserslautern |
| 5.  | DÖRR, Sabine        | 00:40:59,11 | 09.04.1994 | Saarbrücken    |
| 6.  | MATHIEU, Astrid     | 00:41:24,00 | 24.10.1999 | Rehlingen      |
| 7.  | BLUM, Dorothee      | 00:42:21,90 | 08.10.1989 | Dillingen      |
| 8.  | WEINKAUFF, Angelika | 00:43:08,00 | 17.09.1997 | St. Wendel     |
| 9.  | FRISCH, Giovanna    | 00:43:15,05 | 05.04.1992 | Ottweiler      |
| 10. | SCHÄFER, Jutta      | 00:43:23,14 | 11.06.1991 | Ottweiler      |

### 10 km - Ewige LTF (1986 - 2011)

|     |                    |             |             |
|-----|--------------------|-------------|-------------|
| 1.  | RUPPERT, Margret   | 00:36:39,00 | Ralingen    |
| 2.  | STROHE, Anja       | 00:36:50,00 | Saarbrücken |
| 3.  | DEL FABRO, Bärbel  | 00:38:45,00 | Neunkirchen |
| 4.  | GILLET, Martina    | 00:39:55,00 | Saarlouis   |
| 5.  | PHILIPPI, Gabriele | 00:40:02,00 | Püttlingen  |
| 6.  | HARIG, Barbara     | 00:40:41,00 | Losheim     |
| 7.  | DÖRR, Sabine       | 00:40:52,00 | Saarbrücken |
| 8.  | MATHIEU, Astrid    | 00:41:24,00 | Rehlingen   |
| 9.  | KRUPA, Gabi        | 00:41:29,00 | Saarbrücken |
| 10. | WELSCH, Carolin    | 00:41:31,10 | Saarbrücken |

### 21,0975 km - Ewige LTF (1986 - 2011)

|     |                    |             |            |              |
|-----|--------------------|-------------|------------|--------------|
| 1.  | RUPPERT, Margret   | 01:17:59,00 | 21.09.1997 | Karlsruhe    |
| 2.  | STROHE, Anja       | 01:22:46,00 | 28.05.2006 | Saarlouis    |
| 3.  | HARIG, Barbara     | 01:23:56,00 | 16.03.1997 | Saarbrücken  |
| 4.  | PHILIPPI, Gabriele | 01:25:12,00 | 06.09.1997 | Limbach      |
| 5.  | DÖRR, Sabine       | 01:27:26,00 | 27.03.1994 | Saarbrücken  |
| 6.  | GILLET, Martina    | 01:28:15,00 | 29.09.1996 | Grevenmacher |
| 7.  | DEL FABRO, Bärbel  | 01:28:28,00 | 28.03.1993 | Saarbrücken  |
| 8.  | KRUPA, Gabi        | 01:29:29,00 | 15.03.1998 | Saarbrücken  |
| 9.  | SCHERER, Claudia   | 01:29:42,00 | 28.03.1993 | Saarbrücken  |
| 10. | WORMER, Gudrun     | 01:31:22,00 | 31.08.1996 | Limbach      |

### 42,195 km - Ewige LTF (1986 - 2011)

|     |                    |             |            |           |
|-----|--------------------|-------------|------------|-----------|
| 1.  | RUPPERT, Margret   | 02:46:38,00 | 03.10.1999 | Köln      |
| 2.  | PHILIPPI, Gabriele | 02:56:02,00 | 05.10.1997 | Köln      |
| 3.  | STROHE, Anja       | 02:59:32,00 | 08.10.2006 | München   |
| 4.  | SCHERER, Claudia   | 03:08:31,00 | 25.10.1992 | Frankfurt |
| 5.  | WORMER, Gudrun     | 03:12:48,00 | 29.09.1996 | Berlin    |
| 6.  | GILLET, Martina    | 03:16:40,00 | 24.09.1995 | Berlin    |
| 7.  | KRUPA, Gabi        | 03:17:46,00 | 26.10.1997 | Frankfurt |
| 8.  | RAUBUCH, Juliane   | 03:20:31,00 | 06.09.2009 | Merzig    |
| 9.  | FRISCH, Giovanna   | 03:21:19,00 | 08.03.1992 | Kandel    |
| 10. | BLUM, Dorothee     | 03:21:52,00 | 30.10.1988 | Frankfurt |

### 100 km - Ewige LTF (1986 - 2011)

|    |                  |             |            |           |
|----|------------------|-------------|------------|-----------|
| 1. | RAUBUCH, Juliane | 09:02:25,00 | 29.04.2006 | Rodenbach |
| 2. | KARLE, Giovanna  | 10:37:56,00 | 19.10.1996 | Rodenbach |
| 3. | LANG, Ingeborg   | 11:42:42,00 | 17.06.2005 | Biel      |

### 4x100m - Ewige LTF (1986 - 2011)

|    |                                     |             |            |                |
|----|-------------------------------------|-------------|------------|----------------|
| 1. | MAAS/THEIS/RAUBUCH/<br>BINDEL       | 00:01:01,89 | 22.05.2008 | Friedrichsthal |
| 2. | THEIS/HEESEDENZ/<br>PAUL/BLUG       | 00:01:03,78 | 03.06.2010 | Friedrichsthal |
| 3. | GURY/THEIS/RAUBUCH/<br>LEINENBACH   | 00:01:04,53 | 11.06.2009 | Friedrichsthal |
| 4. | SUCK/FERDINAND/<br>RECKTENWALD/BLUG | 00:01:08,03 | 11.06.2009 | Friedrichsthal |

### 4x400m - Ewige LTF (1986 - 2011)

|    |                                   |             |            |                |
|----|-----------------------------------|-------------|------------|----------------|
| 1. | THEIS/RAUBUCH/<br>LEINENBACH/BLUG | 00:05:02,26 | 16.09.2009 | Friedrichsthal |
|----|-----------------------------------|-------------|------------|----------------|

### 3x800m - Ewige LTF (1986 - 2011)

|    |                              |             |            |            |
|----|------------------------------|-------------|------------|------------|
| 1. | RAUBUCH/BLUG/THEIS           | 00:08:24,45 | 24.04.2010 | Piesbach   |
| 2. | JAHR/FOLZ/JAHR               | 00:08:24,95 | 04.05.1999 | Rehlingen  |
| 3. | RECKTENWALD/BLUG<br>RAUBUCH  | 00:08:36,77 | 05.05.2009 | Piesbach   |
| 4. | BINDEL/SUCK/MAAS             | 00:08:56,00 | 27.04.2008 | Piesbach   |
| 5. | LEINENBACH/BINDEL/<br>WELSCH | 00:09:14,00 | 05.05.2009 | Piesbach   |
| 6. | KOSCHORKE/HERMANN/<br>LATZ   | 00:09:50,07 | 24.04.2004 | Püttlingen |
| 7. | HESSEDENZ/FABER/<br>BEHMER   | 00:08:56,00 | 24.04.2010 | Piesbach   |
| 8. | ALTMAYER/BECHTEL/<br>DIEHL   | 00:08:56,00 | 27.04.2008 | Piesbach   |











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