

# Halber Marathon

# AK Rekorde

## Frauen

# Ganzer Marathon

AK 40	Ulla Roosen (1958)	1:24:24 h	2000
AK 45	Silke Schneider (1976)	1:27:21 h	2021
AK 50	Sandra Sachs (1970)	1:29:25 h	2022
AK 55	Lilo Hellenbrandt (1956)	1:40:05 h	2014
AK 60	Ursula Schmitz (1932)	1:37:43 h	1994
AK 65	Karin Thaler (1935)	1:52:31 h	2002
AK 70	Ursula Schmitz (1932)	1:55:27 h	2003
AK 75	Helga Miketta (1941)	1:52:25 h	2016
AK 80	Ursula Schmitz (1932)	2:27:18 h	2012

AK 40	Susanne Schulze (1975)	2:56:23 h	2017
AK 45	Helga Weinbrenner (1943)	3:12:54 h	1988
AK 50	Marlis Schröder (1941)	3:12:38 h	1991
AK 55	Alexandra Schwartze (1963)	3:18:48 h	2021
AK 60	Ursula Schmitz (1932)	3:31:40 h	1992
AK 65	Ursula Schmitz (1932)	3:56:02 h	1999



1973-2023

# Halber Marathon

# AK Rekorde

## Männer

# Ganzer Marathon

AK 40	Günter Schmitt (1937)	1:09:50 h	1981	AK 40	Klaus Nadler (1936)	2:32:59 h	1976
AK 45	Jean-Jacques Leray (1939)	1:13:34 h	1984	AK 45	Heinz Heuer (1939)	2:38:43 h	1985
AK 50	Hans Wetzel (1933)	1:14:38 h	1985	AK 50	Klaus-Peter Burger (1934)	2:37:36 h	1984
AK 55	Johannes Ritter (1965)	1:19:04 h	2021	AK 55	Peter Köhn (1932)	2:58:14 h	2009
AK 60	Diethard Gansow (1944)	1:23:13 h	2004	AK 60	Theodor Sissimato (1916)	3:07:43 h	1978
AK 65	Theodor Sissimato (1916)	1:29:25 h	1981	AK 65	Theodor Sissimato (1916)	2:59:29 h	1983
AK 70	Friedrich Hübner (1914)	1:35:54 h	1984	AK 70	Theodor Sissimato (1916)	3:22:28 h	1986
AK 75	Werner Rühs (1926)	1:52:08 h	2003	AK 75	Dr. Wolf-R. Weise (1943)	4:50:27 h	2020
AK 80	Norbert Hoffmann (1939)	2:08:00 h	2019	AK 80	Norbert Hoffmann (1939)	4:26:11 h	2020
AK 85	Ulrich Heise (1938)	2:41:23 h	2023				



1973-2023

# Frauen

# AK Rekorde

## Ultra

# Männer

AK 40	Christine Becker (1979)	5:44:08 h 2022	AK 40	Frank Merrbach (1983)	4:25:19 h 2023
AK 45	Carina Jochum (1974)	5:52:30 h 2022	AK 45	Markus Meinke (1976)	4:36:36 h 2021
AK 50	Anne Staevens (1968)	5:50:15 h 2022	AK 50	Manuel Skopnik (1972)	4:48:19 h 2022
AK 55	Eva Gaszek (1966)	5:56:41 h 2023	AK 55	Martin Hansel (1964)	5:33:44 h 2022
			AK 60	Meinhard Rompel (1963)	5:44:05 h 2023
			AK 65	Robert Gotto (1957)	5:57:21 h 2022



1973-2023