

# Halber Marathon

# AK TOP-ZEITEN

## Frauen

# Ganzer Marathon

### AK 40 (bis 1:29 h)

|      |                            |           |
|------|----------------------------|-----------|
| 2000 | Ursula Rosen-Möller (1958) | 1:24:24 h |
| 2015 | Liz Roche (1975)           | 1:28:21 h |
| 2012 | Jacqueline Funke (1972)    | 1:28:35 h |
| 2017 | Silke Schneider (1976)     | 1:28:47 h |

### AK 45 (bis 1:31 h)

|      |                        |           |
|------|------------------------|-----------|
| 2021 | Silke Schneider (1976) | 1:27:21 h |
| 1992 | Barbara Berk (1947)    | 1:27:42 h |
| 2002 | Hiltrud Trippe (1957)  | 1:29:00 h |
| 2003 | Hiltrud Trippe (1957)  | 1:30:12 h |
| 2018 | Silke Niehues (1972)   | 1:30:37 h |

### AK 50 (bis 1:35 h)

|      |                          |           |
|------|--------------------------|-----------|
| 2022 | Sandra Sachs (1970)      | 1:29:25 h |
| 1983 | Ursula Schmitz (1932)    | 1:31:55 h |
| 1986 | Marie-Luise Moser (1934) | 1:33:42 h |
| 2020 | Sandra Sachs (1970)      | 1:34:05 h |
| 2010 | Antje Wietscher (1956)   | 1:34:44 h |

### AK 55 (bis 1:42 h)

|      |                          |           |
|------|--------------------------|-----------|
| 2014 | Lilo Hellenbrandt (1956) | 1:40:05 h |
| 2022 | Heike Moser (1967)       | 1:40:49 h |
| 1991 | Karin Bakker (1934)      | 1:41:12 h |
| 2014 | Birgit Bruzer (1959)     | 1:41:39 h |
| 2023 | Heike Moser (1967)       | 1:41:48 h |
| 2024 | Heike Moser (1967)       | 1:42:00 h |

### AK 60 (bis 1:50 h)

|      |                       |           |
|------|-----------------------|-----------|
| 1994 | Ursula Schmitz (1932) | 1:37:43 h |
| 1995 | Ursula Schmitz (1932) | 1:41:31 h |
| 2021 | Ingeborg Werth (1959) | 1:44:37 h |
| 2014 | Ruth Salingre (1954)  | 1:49:01 h |
| 2024 | Gisèle Müßeler (1964) | 1:49:49 h |

### AK 65 (bis 1:58 h)

|      |                       |           |
|------|-----------------------|-----------|
| 2002 | Karin Thaler (1935)   | 1:52:31 h |
| 2022 | Marion Braun (1957)   | 1:53:46 h |
| 2014 | Ulrike Pithan (1947)  | 1:55:29 h |
| 1997 | Ursula Schmitz (1932) | 1:57:11 h |

### AK 70 (bis 2:05 h)

|      |                       |           |
|------|-----------------------|-----------|
| 2003 | Ursula Schmitz (1932) | 1:55:27 h |
| 2004 | Ursula Schmitz (1932) | 1:57:15 h |
| 2001 | Irma Heidemann (1930) | 1:59:48 h |
| 2006 | Ursula Schmitz (1932) | 2:02:58 h |
| 2014 | Erika Dick (1941)     | 2:04:55 h |

### AK 75 (bis 2:16 h)

|      |                        |           |
|------|------------------------|-----------|
| 2016 | Helga Miketta (1941)   | 1:52:25 h |
| 2009 | Ursula Schmitz (1932)  | 2:10:43 h |
| 1998 | Dagmar Piezunka (1921) | 2:15:29 h |

### AK 80 (bis 2:30 h)

|      |                       |           |
|------|-----------------------|-----------|
| 2012 | Ursula Schmitz (1932) | 2:27:18 h |
|------|-----------------------|-----------|

### AK 40 (bis 3:06 h)

|      |                           |           |
|------|---------------------------|-----------|
| 2017 | Susanne Schulze (1975)    | 2:56:23 h |
| 2022 | Nele Alder-Baerens (1978) | 2:58:36 h |
| 1990 | Angelika Böttcher (1949)  | 3:05:49 h |

### AK 45 (bis 3:20 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1988 | Helga Weinbrenner (1943) | 3:12:54 h |
| 2003 | Astrid Benöhr (1957)     | 3:14:56 h |
| 2022 | Anke Keilich (1975)      | 3:19:34 h |
| 1998 | Monika Rödiger (1952)    | 3:19:37 h |

### AK 50 (bis 3:23 h)

|      |                         |           |
|------|-------------------------|-----------|
| 1991 | Marlis Schröder (1941)  | 3:12:38 h |
| 1985 | Ursula Schmitz (1932)   | 3:17:19 h |
| 1989 | Mausi Gantenbein (1939) | 3:22:43 h |

### AK 55 (bis 3:35 h)

|      |                           |           |
|------|---------------------------|-----------|
| 2021 | Alexandra Schwartz (1963) | 3:18:48 h |
| 1991 | Ursula Schmitz (1932)     | 3:24:35 h |
| 2022 | Sigrid Hoffmann (1965)    | 3:33:06 h |
| 2015 | Marion Braun (1957)       | 3:33:58 h |

### AK 60 (bis 4:00 h)

|      |                               |           |
|------|-------------------------------|-----------|
| 1992 | Ursula Schmitz (1932)         | 3:31:40 h |
| 1999 | Janina Rosinska (1936)        | 3:56:55 h |
| 1996 | Christel Volmershausen (1933) | 3:59:08 h |

### AK 65 (bis 4:35 h)

|      |                            |           |
|------|----------------------------|-----------|
| 1999 | Ursula Schmitz (1932)      | 3:56:02 h |
| 2019 | Angelika Oberhäuser (1950) | 4:31:20 h |



Königsforst Marathon

seit 1973 in Bergisch-Gladbach

RUN GREEN RUN HAPPY

1973-2024

# Halber Marathon

# AK TOP-ZEITEN

## Männer

# Ganzer Marathon

### AK 40 (bis 1:13 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1981 | Günter Schmitt (1937)    | 1:09:50 h |
| 1976 | Adelin Staelens (1936)   | 1:10:44 h |
| 1984 | Rolf Schürmann (1940)    | 1:11:58 h |
| 1984 | Rainer Jensen (1942)     | 1:12:17 h |
| 1977 | Adelin Staelens (1936)   | 1:12:25 h |
| 2021 | Maciek Miereczko (1981)  | 1:12:31 h |
| 2008 | Detlef Ellebracht (1966) | 1:12:53 h |

### AK 45 (bis 1:17 h)

|      |                           |           |
|------|---------------------------|-----------|
| 1984 | Jean-jacques Leray (1939) | 1:13:34 h |
| 1994 | Lech Skotzke (1948)       | 1:14:19 h |
| 1993 | Lech Skotzke (1948)       | 1:14:23 h |
| 1985 | Helmut Reetz (1938)       | 1:15:45 h |
| 2018 | Markus Mey (1971)         | 1:16:41 h |

### AK 50 (bis 1:17 h)

|      |                             |           |
|------|-----------------------------|-----------|
| 1985 | Hans Wetzel (1933)          | 1:14:38 h |
| 1993 | Jochen Adomeit (1941)       | 1:14:52 h |
| 1992 | Jochen Adomeit (1941)       | 1:15:34 h |
| 2008 | Wilfried Paulitschke (1957) | 1:16:44 h |
| 1986 | Harry Beer (1934)           | 1:16:54 h |

### AK 55 (bis 1:21 h)

|      |                        |           |
|------|------------------------|-----------|
| 2021 | Johannes Ritter (1965) | 1:19:04 h |
| 1990 | Hans Peun (1935)       | 1:19:09 h |
| 2014 | Frank Löschner (1959)  | 1:20:55 h |

### AK 60 (bis 1:27 h)

|      |                           |           |
|------|---------------------------|-----------|
| 2004 | Diethard Gansow (1944)    | 1:23:13 h |
| 1995 | Bernhard Reinhold (1933)  | 1:24:04 h |
| 1993 | Rolf Schmitz (1933)       | 1:26:24 h |
| 2005 | Diethard Gansow (1944)    | 1:26:42 h |
| 2000 | Günther Engelhardt (1940) | 1:26:52 h |
| 2014 | Bernd Juckel (1950)       | 1:26:56 h |

### AK 65 (bis 1:33 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1981 | Theodor Sissimato (1916) | 1:29:25 h |
| 2015 | Herbie Engels (1948)     | 1:30:13 h |
| 2002 | Gerhard Hindelang (1937) | 1:32:31 h |

### AK 70 (bis 1:46 h)

|      |                         |           |
|------|-------------------------|-----------|
| 1984 | Friedrich Hübner (1914) | 1:35:54 h |
| 1983 | Hans Kracht (1912)      | 1:42:09 h |
| 1982 | Hans Kracht (1912)      | 1:43:38 h |
| 1985 | Friedrich Hübner (1914) | 1:45:20 h |
| 1998 | Werner Rühls (1928)     | 1:45:49 h |
| 2010 | Gerhard Krüger (1940)   | 1:45:53 h |

### AK 75 (bis 2:00 h)

|      |                         |           |
|------|-------------------------|-----------|
| 2024 | Heinz Michels (1948)    | 1:50:49 h |
| 2024 | Uli Scharrenberg (1948) | 1:51:28 h |
| 2003 | Werner Rühls (1928)     | 1:52:08 h |
| 1989 | Werner Schulze (1914)   | 1:58:29 h |
| 2004 | Werner Rühls (1928)     | 1:58:57 h |

### AK 80 (bis 2:20 h)

|      |                         |           |
|------|-------------------------|-----------|
| 2019 | Norbert Hoffmann (1939) | 2:08:00 h |
| 1994 | Werner Schulze (1914)   | 2:19:41 h |

### AK 85 (bis 2:45 h)

|      |                     |           |
|------|---------------------|-----------|
| 2023 | Ulrich Heise (1938) | 2:41:23 h |
|------|---------------------|-----------|

### AK 40 (bis 2:40 h)

|      |                            |           |
|------|----------------------------|-----------|
| 1976 | Klaus Nadler (1936)        | 2:32:51 h |
| 1976 | Hans-Georg Krüger (1936)   | 2:33:46 h |
| 1984 | Helmut Urbach (1942)       | 2:36:21 h |
| 1988 | Bernhard Birkenfeld (1946) | 2:37:25 h |
| 1994 | Ernst Brüssel (1952)       | 2:38:11 h |
| 1983 | Helmut Urbach (1942)       | 2:38:33 h |
| 1977 | Hans-Georg Krüger (1936)   | 2:38:59 h |
| 1986 | Bernhard Birkenfeld (1946) | 2:39:27 h |

### AK 45 (bis 2:45 h)

|      |                        |           |
|------|------------------------|-----------|
| 1985 | Heinz Heuer (1939)     | 2:38:43 h |
| 1973 | Klaus Burkhardt (1928) | 2:40:51 h |
| 2020 | Markus Mey (1971)      | 2:43:35 h |

### AK 50 (bis 2:50 h)

|      |                           |           |
|------|---------------------------|-----------|
| 1984 | Klaus-Peter Burger (1934) | 2:37:36 h |
| 1986 | Joseph Hammes (1934)      | 2:41:07 h |
| 1982 | Peter Köhn (1932)         | 2:47:20 h |
| 2023 | Markus Mey (1971)         | 2:50:07 h |

### AK 55 (bis 3:03 h)

|      |                        |           |
|------|------------------------|-----------|
| 1989 | Peter Köhn (1932)      | 2:58:14 h |
| 2009 | Franz Lämmlein (1952)  | 3:01:11 h |
| 2023 | Wolfgang Lenz (1967)   | 3:01:27 h |
| 1988 | Michael Heinzen (1931) | 3:02:12 h |

### AK 60 (bis 3:12 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1978 | Theodor Sissimato (1916) | 3:07:43 h |
| 1994 | Peter Köhn (1932)        | 3:08:57 h |
| 2000 | Eckart Leitzke (1936)    | 3:10:11 h |
| 1998 | Franz Feller (1938)      | 3:10:16 h |
| 1982 | Johann Schmitz (1922)    | 3:12:00 h |

### AK 65 (bis 3:20 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1983 | Theodor Sissimato (1916) | 2:59:29 h |
| 1984 | Theodor Sissimato (1916) | 3:06:32 h |
| 1982 | Theodor Sissimato (1916) | 3:06:44 h |
| 1985 | Theodor Sissimato (1916) | 3:09:52 h |
| 2022 | Paul Bückert (1957)      | 3:16:49 h |

### AK 70 (bis 3:35 h)

|      |                          |           |
|------|--------------------------|-----------|
| 1986 | Theodor Sissimato (1916) | 3:22:28 h |
| 2010 | Norbert Hoffmann (1939)  | 3:33:05 h |
| 2009 | Norbert Hoffmann (1939)  | 3:34:53 h |

### AK 75 (bis 5:00 h)

|      |                             |           |
|------|-----------------------------|-----------|
| 2024 | Günther Scheibehenne (1948) | 4:27:17 h |
| 1996 | Helmut Ermgassen (1920)     | 4:44:12 h |
| 2020 | Wolf-R. Weise (1943)        | 4:50:27 h |

### AK 80 (bis 5:15 h)

|      |                         |           |
|------|-------------------------|-----------|
| 2020 | Norbert Hoffmann (1939) | 4:26:11 h |
|------|-------------------------|-----------|

### AK 85 (bis 5:30 h)

|      |                         |           |
|------|-------------------------|-----------|
| 2024 | Norbert Hoffmann (1939) | 5:20:30 h |
|------|-------------------------|-----------|



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