

AK Rekorde

21.1 km

Frauen

42.2 km

| | | | | | | | |
|------|----------------------------|---------|------|------|----------------------------|---------|------|
| W 40 | Ursula Rosen-Möller (1958) | 1:24:24 | 2000 | W 40 | Susanne Schulze (1975) | 2:56:23 | 2017 |
| W 45 | Silke Schneider (1976) | 1:27:21 | 2021 | W 45 | Martina Ottes (1978) | 3:06:04 | 2025 |
| W 50 | Sandra Sachs (1970) | 1:29:25 | 2022 | W 50 | Marlis Schröder (1941) | 3:12:38 | 1991 |
| W 55 | Claudia Mordas (1966) | 1:35:32 | 2025 | W 55 | Alexandra Schwartze (1963) | 3:18:48 | 2021 |
| W 60 | Ursula Schmitz (1932) | 1:37:43 | 1994 | W 60 | Ursula Schmitz (1932) | 3:31:40 | 1992 |
| W 65 | Ursula Scherbarth (1960) | 1:51:43 | 2025 | W 65 | Ursula Schmitz (1932) | 3:56:02 | 1999 |
| W 70 | Ursula Schmitz (1932) | 1:55:27 | 2003 | | | | |
| W 75 | Helga Miketta (1941) | 1:52:25 | 2016 | | | | |
| W 80 | Maria-Luise Kluge (1944) | 2:17:40 | 2025 | | | | |



1973-2025

AK Rekorde

21.1 km

Männer

42.2 km

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|------|---------------------------|---------|------|------|---------------------------|---------|------|
| M 40 | Günter Schmitt (1937) | 1:09:50 | 1981 | M 40 | Klaus Nadler (1936) | 2:32:59 | 1976 |
| M 45 | Jean-Jacques Leray (1939) | 1:13:34 | 1984 | M 45 | Heinz Heuer (1939) | 2:38:43 | 1985 |
| M 50 | Hans Wetzel (1933) | 1:14:38 | 1985 | M 50 | Klaus-Peter Burger (1934) | 2:37:36 | 1984 |
| M 55 | Johannes Ritter (1965) | 1:19:04 | 2021 | M 55 | Peter Köhn (1932) | 2:58:14 | 1989 |
| M 60 | Diethard Gansow (1944) | 1:23:13 | 2004 | M 60 | Theodor Sissimato (1916) | 3:07:43 | 1978 |
| M 65 | Theodor Sissimato (1916) | 1:29:25 | 1981 | M 65 | Theodor Sissimato (1916) | 2:59:29 | 1983 |
| M 70 | Friedrich Hübner (1914) | 1:35:54 | 1984 | M 70 | Theodor Sissimato (1916) | 3:22:28 | 1986 |
| M 75 | Heinz Michels (1948) | 1:50:49 | 2024 | M 75 | Heinz Michels (1948) | 4:10:08 | 2025 |
| M 80 | Norbert Hoffmann (1939) | 2:08:00 | 2019 | M 80 | Norbert Hoffmann (1939) | 4:26:11 | 2020 |
| M 85 | Ulrich Heise (1938) | 2:41:23 | 2023 | M 85 | Norbert Hoffmann (1939) | 5:20:30 | 2024 |



1973-2025

AK Rekorde

Frauen

Ultramarathon 63.3km

Männer

| | | | | | | | |
|------|------------------------|---------|------|------|-----------------------|---------|------|
| W 40 | Mascha Rondhuis (1981) | 4:53:34 | 2025 | M 40 | Frank Merrbach (1983) | 4:25:19 | 2023 |
| W 45 | Bianca Wergen (1977) | 5:49:29 | 2024 | M 45 | Markus Meinke (1976) | 4:36:36 | 2021 |
| W 50 | Anne Staevens (1968) | 5:50:15 | 2022 | M 50 | Manuel Skopnik (1972) | 4:45:33 | 2025 |
| W 55 | Eva Gaszek (1966) | 5:56:41 | 2023 | M 55 | Martin Hansel (1964) | 5:33:44 | 2022 |
| W 60 | Sigrid Hoffmann (1965) | 6:02:18 | 2025 | M 60 | Tom Fischel (1965) | 5:12:45 | 2025 |
| W 65 | Dagmar Preuß (1960) | 7:26:44 | 2025 | M 65 | Lothar Esser (1960) | 5:42:35 | 2025 |



1973-2025