

# Ewige Bestenliste des LAC TV Unterstrass

## Männer U12

Stand: 28.09.2020

### 60 m

1	8.32	Cyrill Kernbach (2003)	2014
2	8.59	Ashik Begum (2007)	2018
3	8.76	Cyril Graf (1996)	2007
4	8.82	Elio von Flüe (2008)	2019
5	8.95	Lars Widmer (1999)	2010
6	8.96	Silvan Caduff (1996)	2007
6	8.96	Raffael Fresia (2005)	2016
8	9.00	Alex Ngwenya (2008)	2019
9	9.09	Andri Capaul (2008)	2019
9	9.09	Enno Hoffmann (2008)	2019

### 80 m (handgestoppt)

1	11.1	Reto Jelinek (1966)	1977
1	11.1	Adrian Luder (1968)	1979
1	11.1	Marcel Kunz (1971)	1982
4	11.4	Cyrill Lüscher (1964)	1975
4	11.4	Marc Straumann (1964)	1975

### 300 m

1	48.48	Adrian Luder (1968)	1979
2	49.72	Christoph Lüscher (1966)	1977
3	51.0 (m)	Cyrill Lüscher (1964)	1975
4	51.32	Christoph Weber (1966)	1977
5	52.68	Erwin Nell (1966)	1977
6	53.48	Thomas Graf (1966)	1977
7	55.2 (m)	Andreas Merz (1964)	1975
8	56.0 (m)	Roland Tell (1964)	1975

### 600 m

1	1:47.40	Janis Bürge (2006)	2017
2	1:48.65	Elio von Flüe (2008)	2019
3	1:49.58	Lars Widmer (1999)	2010
4	1:50.27	Enno Hoffmann (2008)	2019
5	1:52.28	Malte Kölle (2001)	2012
6	1:54.21	Bjarne Kölle (1999)	2010
7	1:54.23	Raffael Guye (2009)	2020
8	1:54.55	Nils Braun (2005)	2015
9	1:56.20	Sven Kehrle (2005)	2016
10	1:56.50	Benjamin Hofer-Girsberger (2005)	2015

### 1000 m

1	3:10.17	Elio von Flüe (2008)	2019
2	3:11.42	Jonas Raess (1994)	2004
3	3:17.34	Nils Braun (2005)	2015
4	3:19.93	Bjarne Kölle (1999)	2010
5	3:20.20	Daniel Nösberger (1970)	1981
6	3:21.11	Lars Widmer (1999)	2009
7	3:21.15	Malte Kölle (2001)	2012
8	3:22.02	Eric Berger (2006)	2017
9	3:23.63	Marcel Jenny (1969)	1980
10	3:23.76	Benjamin Hofer-Girsberger (2005)	2016

### 2000 m

1	7:09.21	Bjarne Kölle (1999)	2010
2	7:19.36	Robert Krebs (1980)	1991
3	7:27.79	Kâmil Güzelgün (2000)	2011
4	7:31.61	Malte Kölle (2001)	2012
5	7:34.71	Fabian Güzelgün (2003)	2014
6	7:47.37	Raffael Guye (2009)	2019
7	7:55.09	Nils Braun (2005)	2016
8	7:57.85	Dominik Rohner (2001)	2011
9	8:21.91	Nik Mathys (2000)	2011

### 3000 m

1	10:29.68	Jonas Raess (1994)	2004
2	10:31.70	Matthias Barth (1994)	2005
3	11:24.78	Michael Kleffel (1983)	1994

### 60 m Hürden (68.8 cm)

1	10.81	Lars Widmer (1999)	2010
2	11.20	Elio von Flüe (2008)	2018
3	11.22	Sven Kehrle (2005)	2016
4	11.41	Elia Geiger (1999)	2010
5	11.42	Ashik Begum (2007)	2018
6	11.43	Malte Kölle (2001)	2012
7	11.46	Fabio Picciati (2001)	2012
8	11.51	Nik Mathys (2000)	2011
9	11.60	Andri Capaul (2008)	2019
9	11.60	Bru Bonaventura (2008)	2019

### 60 m Hürden (76.2 cm)

1	11.30	Lars Widmer (1999)	2009
2	12.53	Christoph Weber (1966)	1977
3	12.65	Christoph Lüscher (1966)	1977
4	12.85	Erwin Nell (1966)	1977
5	13.56	Leandro Gimmi (1998)	2009
6	14.24	Janic Schweizer (1997)	2008
7	14.81	Bjarne Kölle (1999)	2009
8	14.88	Angelo Schuler (1998)	2009

### 60 m Hürden (? cm) (handgestoppt)

1	12.9	Thomas Hug (1963)	1974
2	13.4	Markus Merz (1963)	1974
3	13.6	Andreas Merz (1964)	1975

## Hoch

1	1.35	Lars Widmer (1999)	2010
1	1.35	Nik Mathys (2000)	2011
1	1.35	Malte Kölle (2001)	2012
1	1.35	Alex Ngwenya (2008)	2019
5	1.32	Enno Hoffmann (2008)	2019
6	1.30	Christoph Weber (1966)	1977
6	1.30	Heini Galliker (1966)	1977
8	1.25	Fabio Picciati (2001)	2012
8	1.25	Liam Müller (2002)	2013
8	1.25	Janis Bürge (2006)	2017
7	1.25	Andri Capaul (2008)	2019

## Weit

1	5.37	Cyrill Kernbach (2003)	2014
2	4.70	Marcel Kunz (1971)	1982
3	4.68	Lars Widmer (1999)	2010
4	4.50	Ashik Begum (2007)	2018
5	4.47	William Olsson (2005)	2016
6	4.43	Fabio Picciati (2001)	2012
6	4.43	Elio von Flüe (2008)	2018
8	4.42	Adrian Luder (1968)	1979
9	4.38	Thomas Hug (1963)	1974
9	4.38	Raffael Fresia (2005)	2016

## Kugel (3 kg)

1	9.63	Cyrill Lüscher (1964)	1975
2	8.33	Ivan Anton (1970)	1981
3	7.52	Roger Henchoz (1969)	1980
4	7.25	Mayo Bucher (1963)	1974
5	7.25	Ronny Mock (1965)	1976
6	6.66	Carlo Caprini (1967)	1978

## Kugel (2.5 kg)

1	9.05	Malte Kölle (2001)	2012
2	8.79	Cyrill Kernbach (2003)	2014
3	7.75	Nik Mathys (2000)	2011
4	7.58	Manuel Weber (1998)	2008
5	7.45	Alex Ngwenya (2008)	2019
6	7.39	Lars Widmer (1999)	2010
7	7.34	Liam Müller (2002)	2013
8	7.31	Andri Capaul (2008)	2019
9	7.30	Fabio Picciati (2001)	2011
10	7.01	Bjarne Kölle (1999)	2010

**Diskus (0.75 kg)**

1	19.48	Malte Kölle (2001)	2012
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**Speer (600 g)**

1	24.76	Adrian Luder (1968)	1979
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2	21.68	Robert Böni (1972)	1982
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**Speer (400 g)**

1	30.30	Nik Mathys (2000)	2011
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2	28.46	Robert Krebs (1980)	1991
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3	19.99	Dominik Rohner (2001)	2012
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**Ball (80 g)**

1	54.54	Jürg Neuenschwander (1967)	1978
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2	53.08	Cyrill Lüscher (1964)	1975
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3	48.00	Andreas Bögli (1967)	1978
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4	43.78	Christian Metzger (1968)	1979
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**Ball (200 g)**

1	50.34	This Stocker (1982)	1993
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2	49.18	Cyrill Kernbach (2003)	2014
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3	45.59	Nik Mathys (2000)	2010
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4	45.00	Manuel Weber (1998)	2009
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5	44.76	Fabio Picciati (2001)	2012
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6	44.56	Lorenz Stocker (1983)	1994
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7	43.03	Liam Müller (2002)	2013
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8	42.96	Lars Widmer (1999)	2010
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9	42.28	Christoph Wolfensberger (1984)	1995
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10	41.35	Silvan Caduff (1996)	2007
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**Vierkampf (Schüler B)**

1	260	Marcel Kunz (1971)	1982
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2	242	Daniel Nösberger (1970)	1981
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**Athletic Cup/Kids-Cup**

1	1739	Cyrill Kernbach (2003)	2014
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2	1434	Lars Widmer (1999)	2010
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3	1389	Ashik Begum (2007)	2018
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4	1371	Raffael Fresia (2005)	2016
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5	1357	Alex Ngwenya (2008)	2019
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6	1348	Elio von Flüe (2008)	2019
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7	1327	Fabio Picciati (2001)	2012
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8	1287	Liam Müller (2002)	2013
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9	1252	Cyril Graf (1996)	2007
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10	1225	Andri Capaul (2008)	2019
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