

Ewige Bestenliste des LAC TV Unterstrass

Frauen Aktive

Stand: 28.09.2020

50 m

| | | | |
|---|------|--------------------------|------|
| 1 | 7.16 | Martina Fontanive (1986) | 2007 |
|---|------|--------------------------|------|

60 m

| | | | |
|---|------|-----------------------------|------|
| 1 | 7.55 | Petra Fontanive (1988) | 2017 |
| 2 | 7.72 | Daniela Kyburz (1988) | 2018 |
| 3 | 8.05 | Saana Laaksonlaita (1993) | 2017 |
| 4 | 8.39 | Ana Garcia Fernandez (1995) | 2019 |
| 5 | 9.02 | Katja Arnold (1952) | 2007 |

100 m

| | | | |
|---|-------|--------------------------------------|------|
| 1 | 11.45 | Brigitte Wehrli-Senglaub (1958) | 1979 |
| 2 | 11.53 | Margreth Haug (1968) | 1996 |
| 3 | 11.54 | Martha Grossenbacher (1959) | 1989 |
| 4 | 11.78 | Beatrice Widmer (-Ingold) (1965) | 1996 |
| 5 | 11.87 | Daniela Kyburz (1988) | 2020 |
| 6 | 11.91 | Petra Fontanive (1988) | 2017 |
| 7 | 12.09 | Angela Fausch (-Papadopoulos) (1961) | 1987 |
| 8 | 12.15 | Yvonne Rettig (1963) | 1983 |
| 8 | 12.15 | Karin Baumgartner (1964) | 1983 |
| 8 | 12.15 | Catia Gubelmann (2001) | 2020 |

100 m (handgestoppt)

| | | | |
|---|------|---------------------------------|------|
| 1 | 11.9 | Brigitte Wehrli-Senglaub (1958) | 1976 |
| 2 | 12.0 | Gabriella Markworth (1951) | 1976 |
| 3 | 12.1 | Gabrielle Florinett (1951) | 1975 |
| 4 | 12.4 | Susanne Ramseier (1958) | 1976 |

150 m

| | | | |
|----|-------|----------------------------------|------|
| 1 | 17.68 | Daniela Kyburz (1988) | 2020 |
| 2 | 18.20 | Petra Fontanive (1988) | 2017 |
| 3 | 18.74 | Saana Laaksonlaita (1993) | 2020 |
| 4 | 19.11 | Beatrice Widmer (-Ingold) (1965) | 1993 |
| 5 | 19.42 | Eva Gautschi (1992) | 2019 |
| 6 | 19.43 | Ana Garcia Fernandez (1995) | 2020 |
| 7 | 19.52 | Melanie Eisenring (1998) | 2019 |
| 8 | 19.90 | Isabelle Schmid (1989) | 2018 |
| 9 | 19.91 | Martina Fontanive (1986) | 2009 |
| 10 | 20.40 | Cécile Kissling (1993) | 2020 |

200 m

| | | | |
|----|-------|--------------------------------------|------|
| 1 | 23.31 | Brigitte Wehrli-Senglaub (1958) | 1982 |
| 2 | 23.54 | Martha Grossenbacher (1959) | 1988 |
| 3 | 23.69 | Margreth Haug (1968) | 1996 |
| 4 | 23.72 | Beatrice Widmer (-Ingold) (1965) | 1996 |
| 5 | 23.95 | Petra Fontanive (1988) | 2017 |
| 6 | 24.13 | Daniela Kyburz (1988) | 2020 |
| 7 | 24.49 | Gabriella Markworth (1951) | 1976 |
| 8 | 24.63 | Olga Mutanda (1967) | 1993 |
| 9 | 24.79 | Angela Fausch (-Papadopoulos) (1961) | 1987 |
| 10 | 24.86 | Catia Gubelmann (2001) | 2020 |

200 m (handgestoppt)

| | | | |
|---|------|----------------------------|------|
| 1 | 24.7 | Gabrielle Florinett (1951) | 1975 |
| 2 | 24.9 | Gabriella Markworth (1951) | 1976 |
| 3 | 25.7 | Susanne Ramseier (1958) | 1976 |
| 4 | 26.1 | Ursula Feisst (1958) | 1976 |

300 m

| | | | |
|----|-------|----------------------------------|------|
| 1 | 37.72 | Petra Fontanive (1988) | 2017 |
| 2 | 38.24 | Annina Fahr (1993) | 2020 |
| 3 | 38.53 | Daniela Kyburz (1988) | 2018 |
| 4 | 38.54 | Beatrice Widmer (-Ingold) (1965) | 1996 |
| 5 | 39.79 | Kathrin Lüthi (1969) | 1987 |
| 6 | 39.81 | Avril Jackson (1986) | 2017 |
| 7 | 40.25 | Karin Baumgartner (1964) | 1982 |
| 8 | 40.43 | Marion Speck (1964) | 1982 |
| 9 | 40.72 | Martina Schmitz (1967) | 1985 |
| 10 | 40.96 | Eva Gautschi (1992) | 2019 |

400 m

| | | | |
|----|-------|----------------------------------|------|
| 1 | 52.19 | Martha Grossenbacher (1959) | 1989 |
| 2 | 52.68 | Petra Fontanive (1988) | 2017 |
| 3 | 53.52 | Annina Fahr (1993) | 2020 |
| 4 | 53.65 | Beatrice Widmer (-Ingold) (1965) | 1996 |
| 5 | 53.69 | Brigitte Wehrli-Senglaub (1958) | 1981 |
| 6 | 54.39 | Daniela Kyburz (1988) | 2018 |
| 7 | 54.93 | Marion Speck (1964) | 1983 |
| 8 | 54.94 | Martina Schmitz (1967) | 1986 |
| 9 | 55.46 | Kathrin Lüthi (1969) | 1987 |
| 10 | 55.64 | Avril Jackson (1986) | 2016 |

600 m

| | | | |
|----|-------------|-------------------------|------|
| 1 | 1:29.51 | Maria Ritter (1957) | 1983 |
| 2 | 1:30.60 (m) | Martina Schmitz (1967) | 1987 |
| 3 | 1:33.46 | Berti Glättli (1958) | 1985 |
| 4 | 1:34.01 | Beatrice Jäggi (1960) | 1985 |
| 5 | 1:34.12 | Silvia Baumann (1950) | 1986 |
| 6 | 1:36.37 | Nicole Pfister (1965) | 1984 |
| 7 | 1:36.52 | Cathérine Bäumli (1973) | 1991 |
| 8 | 1:38.25 | Silvia Binggeli (1957) | 1975 |
| 9 | 1:38.78 | Martina Tresch (1989) | 2009 |
| 10 | 1:40.6 (m) | Martha Zehnder (1947) | 1975 |

800 m

| | | | |
|----|---------|--------------------------------|------|
| 1 | 2:03.71 | Maria Ritter (1957) | 1982 |
| 2 | 2:07.28 | Helen Ritter (1957) | 1982 |
| 3 | 2:09.99 | Martina Schmitz (1967) | 1987 |
| 4 | 2:10.71 | Marianne Balmer-Knöpfli (1960) | 1985 |
| 5 | 2:11.78 | Silvia Baumann (1950) | 1988 |
| 6 | 2:12.13 | Nicole Pfister (1965) | 1984 |
| 7 | 2:12.15 | Beatrice Jäggi (-Hotz) (1960) | 1986 |
| 8 | 2:12.18 | Therese Schreiber (1957) | 1989 |
| 9 | 2:12.40 | Anja Duelli (1966) | 1986 |
| 10 | 2:12.60 | Annina Fahr (1993) | 2020 |

1000 m

| | | | |
|----|------------|--------------------------------|------|
| 1 | 2:46.39 | Helen Ritter (1957) | 1982 |
| 2 | 2:51.4 (m) | Martha Zehnder (1947) | 1975 |
| 3 | 2:52.40 | Therese Schreiber (1957) | 1989 |
| 4 | 2:53.14 | Anja Duelli (1966) | 1987 |
| 5 | 2:53.19 | Marianne Balmer-Knöpfli (1960) | 1985 |
| 6 | 2:53.58 | Linda Feuz (1977) | 2000 |
| 7 | 2:55.43 | Tanja Fischer (1966) | 1997 |
| 8 | 2:55.94 | Gaby Kilchsperger (1965) | 1988 |
| 9 | 2:56.01 | Maja Heusser (1960) | 1986 |
| 10 | 2:56.72 | Martina Tresch (1989) | 2009 |

1500 m

| | | | |
|----|---------|--------------------------------|------|
| 1 | 4:17.37 | Helen Ritter (1957) | 1982 |
| 2 | 4:19.51 | Fatima Aouam (1959) | 1991 |
| 3 | 4:20.21 | Maria Ritter (1957) | 1983 |
| 4 | 4:22.00 | Martina Tresch (1989) | 2011 |
| 5 | 4:22.64 | Minori Hayakari (1972) | 1996 |
| 6 | 4:24.35 | Tanja Fischer (1966) | 1998 |
| 7 | 4:25.73 | Marianne Balmer-Knöpfli (1960) | 1989 |
| 8 | 4:29.66 | Daniela Gassmann (1964) | 1984 |
| 9 | 4:31.08 | Anja Duelli (1966) | 1987 |
| 10 | 4:31.69 | Silvia Binggeli (1957) | 1976 |

3000 m

| | | | |
|----|------------|--------------------------------|------|
| 1 | 9:23.12 | Helen Ritter (1957) | 1984 |
| 2 | 9:23.55 | Tanja Fischer (1966) | 1999 |
| 3 | 9:30.96 | Daniela Gassmann (1964) | 1984 |
| 4 | 9:34.39 | Marianne Balmer-Knöpfli (1960) | 1990 |
| 5 | 9:45.62 | Anja Duelli (1968) | 1987 |
| 6 | 9:50.12 | Weronika Troxler (1965) | 1995 |
| 7 | 9:51.50 | Dolorita Gerber (1968) | 1995 |
| 8 | 9:55.0 (m) | Martha Zehnder (1947) | 1973 |
| 9 | 9:55.32 | Aita Ammann (2000) | 2018 |
| 10 | 9:55.50 | Linda Feuz (1977) | 1999 |

5000 m

| | | | |
|----|----------|-------------------------|------|
| 1 | 16:09.43 | Tanja Fischer (1966) | 1998 |
| 2 | 16:33.31 | Martina Tresch (1989) | 2010 |
| 3 | 16:43.25 | Linda Feuz (1977) | 2001 |
| 4 | 16:45.38 | Weronika Troxler (1965) | 1995 |
| 5 | 16:49.78 | Luzia Sahli (1956) | 1989 |
| 6 | 17:07.02 | Anja Duelli (1966) | 1986 |
| 7 | 17:10.22 | Aita Ammann (2000) | 2018 |
| 8 | 17:29.07 | Mona Stockhecke (1983) | 2012 |
| 9 | 17:37.57 | Nicole Pfister (1965) | 1986 |
| 10 | 17:40.36 | Ruth Briggs (1971) | 2006 |

10000 m

| | | | |
|---|----------|--------------------------------|------|
| 1 | 34:42.64 | Luzia Sahli (1956) | 1989 |
| 2 | 37:12.30 | Marianne Balmer-Knöpfli (1960) | 1986 |
| 3 | 39:05.38 | Gabriela Leu (1950) | 1985 |
| 4 | 39:07.89 | Maja Heusser (1960) | 1986 |
| 5 | 43:04.50 | Chantal Matzinger (1991) | 2014 |

100 m Hürden (84 cm)

| | | | |
|----|-------|--------------------------------------|------|
| 1 | 13.25 | Monica Pellegrinelli (1965) | 1991 |
| 2 | 13.44 | Petra Fontanive (1988) | 2017 |
| 3 | 13.56 | Daniela Kyburz (1988) | 2020 |
| 4 | 13.66 | Sandra Cramer (1961) | 1988 |
| 5 | 13.96 | Ursula Büchi (1966) | 1991 |
| 6 | 14.11 | Annina Fahr (1993) | 2020 |
| 7 | 14.14 | Claudia Weber (1972) | 1999 |
| 8 | 14.17 | Angela Fausch (-Papadopoulos) (1961) | 1986 |
| 9 | 14.65 | Claudia Solenthaler (1979) | 2001 |
| 10 | 14.66 | Monika Fritschi (1962) | 1983 |

100 m Hürden (84 cm) (handgestoppt)

| | | | |
|---|------|---------------------|------|
| 1 | 14.8 | Katja Arnold (1952) | 1976 |
|---|------|---------------------|------|

300 m Hürden (76.2 cm)

| | | | |
|---|-------|----------------------------------|------|
| 1 | 39.61 | Petra Fontanive (1988) | 2017 |
| 2 | 41.02 | Daniela Kyburz (1988) | 2018 |
| 3 | 42.25 | Annina Fahr (1993) | 2020 |
| 4 | 42.65 | Avril Jackson (1986) | 2016 |
| 5 | 43.14 | Bettina Meyer (1988) | 2015 |
| 6 | 43.89 | Beatrice Widmer (-Ingold) (1965) | 1996 |
| 7 | 44.12 | Leila Vogt (1994) | 2019 |
| 8 | 48.89 | Corina Collenberg (1985) | 2009 |
| 9 | 49.03 | Liv Wiemann (1999) | 2017 |

400 m Hürden (76.2 cm)

| | | | |
|----|-------|----------------------------------|------|
| 1 | 54.56 | Petra Fontanive (1988) | 2017 |
| 2 | 57.56 | Annina Fahr (1993) | 2020 |
| 3 | 58.11 | Daniela Kyburz (1988) | 2018 |
| 4 | 59.36 | Avril Jackson (1986) | 2017 |
| 5 | 59.91 | Bettina Meyer (1988) | 2015 |
| 6 | 60.02 | Beatrice Widmer (-Ingold) (1965) | 1992 |
| 7 | 60.92 | Katja Arnold (1952) | 1981 |
| 8 | 62.72 | Leila Vogt (1994) | 2019 |
| 9 | 62.73 | Berti Glättli (1958) | 1985 |
| 10 | 63.30 | Melanie Eisenring (1998) | 2016 |

2000 m Steeple

| | | | |
|---|---------|--------------------|------|
| 1 | 7:08.97 | Aita Ammann (2000) | 2018 |
|---|---------|--------------------|------|

3000 m Steeple

| | | | |
|---|----------|-----------------------|------|
| 1 | 9:51.96 | Martina Tresch (1989) | 2011 |
| 2 | 11.06.10 | Aita Ammann (2000) | 2018 |

Hoch

| | | | |
|---|------|--------------------------------------|------|
| 1 | 1.95 | Sieglinde Cadusch (1967) | 1995 |
| 2 | 1.90 | Corinne Müller (1975) | 2003 |
| 3 | 1.77 | Marion Elmer-Bichsel (1960) | 1981 |
| 4 | 1.76 | Priska Tanner (1967) | 1991 |
| 5 | 1.73 | Karin Mathys (1977) | 1998 |
| 6 | 1.71 | Angela Fausch (-Papadopoulos) (1961) | 1986 |
| 6 | 1.71 | Sara Mazzi (1987) | 2017 |
| 8 | 1.67 | Ursula Büchi (1966) | 1991 |
| 9 | 1.65 | Gabrielle Florinett (1951) | 1974 |
| 9 | 1.65 | Silvia Mattmann (1965) | 1983 |
| 9 | 1.65 | Yvonne Rettig (1963) | 1987 |
| 9 | 1.65 | Cornelia Salzmann (1971) | 1995 |

Stab

| | | | |
|---|------|----------------------------|------|
| 1 | 3.80 | Petra Hinderling (1972) | 1999 |
| 2 | 3.30 | Natascha Schnell (1976) | 1999 |
| 3 | 2.40 | Claudia Solenthaler (1979) | 1997 |

Weit

| | | | |
|----|------|--------------------------------------|------|
| 1 | 6.34 | Sandra Cramer (1961) | 1985 |
| 2 | 6.14 | Yvonne Rettig (1963) | 1982 |
| 3 | 5.91 | Angela Fausch (-Papadopoulos) (1961) | 1983 |
| 4 | 5.82 | Martha Grossenbacher (1959) | 1989 |
| 5 | 5.77 | Corinne Müller (1975) | 2001 |
| 6 | 5.71 | Jacqueline Schmid (1966) | 1985 |
| 7 | 5.70 | Esther Brönnimann (1973) | 1999 |
| 8 | 5.68 | Sandra Cramer (1961) | 1989 |
| 8 | 5.68 | Sophia Blake (1973) | 1991 |
| 10 | 5.67 | Annina Fahr (1993) | 2020 |

Drei

| | | | |
|----|-------|--------------------------|------|
| 1 | 12.70 | Corinne Müller (1975) | 1998 |
| 2 | 11.89 | Priska Tanner (1967) | 1992 |
| 3 | 11.43 | Sieglinde Cadusch (1967) | 1997 |
| 4 | 10.96 | Renata Vasella (1970) | 1996 |
| 5 | 10.94 | Madlaina Arpagaus (1995) | 2013 |
| 6 | 10.88 | Martina Fontanive (1986) | 2011 |
| 7 | 10.73 | Sophia Blake (1973) | 1991 |
| 8 | 10.62 | Yvonne Augustin (1985) | 2016 |
| 8 | 10.62 | Bettina Meyer (1988) | 2017 |
| 10 | 10.55 | Sara Mazzi (1987) | 2017 |

Kugel (4 kg)

| | | | |
|----|-------|-------------------------------|------|
| 1 | 15.68 | Asdis Hjamsdottir (1985) | 2015 |
| 2 | 14.91 | Claudia Bühlmann (1967) | 1993 |
| 3 | 14.04 | Claudia Elsener (1961) | 1983 |
| 4 | 13.16 | Nadja-Marie Pasternack (1996) | 2016 |
| 5 | 13.03 | Myrtha Heilig (1943) | 1982 |
| 6 | 12.36 | Michaela Keck (1962) | 1989 |
| 7 | 12.29 | Kim Widmer (1995) | 2020 |
| 8 | 12.18 | Ursula Büchi (1966) | 1991 |
| 9 | 12.18 | Susi Syz (1962) | 1993 |
| 10 | 12.15 | Ornella Giulieri (1964) | 1988 |

Diskus (1 kg)

| | | | |
|----|-------|----------------------------------|------|
| 1 | 51.46 | Claudia Elsener (1961) | 1986 |
| 2 | 49.76 | Asdis Hjamsdottir (1985) | 2016 |
| 3 | 46.77 | Nadja-Marie Pasternack (1996) | 2017 |
| 4 | 45.20 | Claudia Bühlmann (1967) | 1990 |
| 5 | 44.10 | Ornella Giulieri (1964) | 1988 |
| 6 | 40.40 | Karlien Slepser (1993) | 2016 |
| 7 | 39.66 | Maya Menn (1962) | 1979 |
| 8 | 35.63 | Corinne Meier (-Kaufmann) (1980) | 2007 |
| 9 | 33.31 | Regula Bernhard (1985) | 2004 |
| 10 | 32.90 | Myrtha Heilig (1943) | 1982 |

Hammer (4 kg)

| | | | |
|---|-------|--------------------------|------|
| 1 | 24.04 | Andrea Thenen (1981) | 2002 |
| 2 | 23.70 | Marlies Magli (1952) | 1993 |
| 3 | 19.42 | Manuela Fontanive (1991) | 2010 |

Speer (600 g)

| | | | |
|----|-------|--------------------------------|------|
| 1 | 59.95 | Asdis Hjaldsdottir (1985) | 2017 |
| 2 | 55.11 | Nadja-Marie Pasternack (1996) | 2016 |
| 3 | 54.38 | Michaela Dunkel (-Keck) (1962) | 1988 |
| 4 | 43.52 | Claudia Bühlmann (1967) | 1988 |
| 5 | 43.23 | Marielle Krause (1988) | 2017 |
| 6 | 42.88 | Priska Tanner (1967) | 1991 |
| 7 | 42.88 | Claudia Weber (1972) | 1993 |
| 8 | 42.06 | Karlien Sleper (1993) | 2016 |
| 9 | 40.92 | Debbie Curtis (1964) | 1985 |
| 10 | 40.46 | Margrit Schlittler (1953) | 1976 |

Fünfkampf

| | | | |
|---|------|--------------------------------------|------|
| 1 | 3427 | Katja Arnold (1952) | 1976 |
| 2 | 3361 | Angela Fausch (-Papadopoulos) (1961) | 1980 |

Siebenkampf

| | | | |
|----------|-------------|--------------------------------------|-------------|
| 1 | 5371 | Daniela Kyburz (1988) | 2020 |
| 2 | 5332 | Ursula Büchi (1966) | 1991 |
| 3 | 5277 | Angela Fausch (-Papadopoulos) (1961) | 1989 |
| 4 | 5256 | Annina Fahr (1993) | 2020 |
| 5 | 5100 | Petra Fontanive (1988) | 2017 |
| 6 | 4944 | Claudia Weber (1972) | 1993 |
| 7 | 4932 | Katja Arnold (1952) | 1983 |
| 8 | 4865 | Franziska Schwarz (1968) | 1989 |
| 9 | 4860 | Martha Grossenbacher (1959) | 1989 |
| 10 | 4782 | Yvonne Rettig (1963) | 1984 |

10 km Strasse

| | | | |
|----|---------|-------------------------------|------|
| 1 | 34:28.0 | Mona Stockhecke (1983) | 2014 |
| 2 | 35:37.0 | Ruth Briggs (-Branson) (1971) | 2005 |
| 3 | 35:49.0 | Martina Tresch (1989) | 2015 |
| 4 | 36:56.7 | Eveline Blatter (1970) | 2011 |
| 5 | 36:58.0 | Alexandra Schaller (1978) | 2009 |
| 6 | 37:09.3 | Julia Stokar (1972) | 2003 |
| 7 | 37:11.6 | Aude Salord (1988) | 2015 |
| 8 | 37:21.2 | Fiammetta Troxler (1996) | 2014 |
| 9 | 37:38.0 | Mirjam Bebi (1982) | 2015 |
| 10 | 37:39.3 | Katharina Steger (1975) | 2005 |

Halbmarathon

| | | | |
|----|---------|-------------------------------|------|
| 1 | 1:14:57 | Mona Stockhecke (1983) | 2013 |
| 2 | 1:17:08 | Linda Feuz (1977) | 2001 |
| 3 | 1:17:33 | Ruth Beerli (1962) | 1997 |
| 4 | 1:17:34 | Ruth Briggs (-Branson) (1971) | 2005 |
| 5 | 1:18:16 | Weronika Troxler (1965) | 1995 |
| 6 | 1:19:14 | Martina Tresch (1989) | 2014 |
| 7 | 1:20:18 | Alexandra Desax (1971) | 1994 |
| 8 | 1:20:46 | Mirjam Bebi (1982) | 2015 |
| 9 | 1:21:09 | Dolorita Gerber (1968) | 1994 |
| 10 | 1:22.15 | Alexandra Schaller (1978) | 2014 |

25 km Strasse

| | | | |
|---|---------|------------------------|------|
| 1 | 1:30:40 | Luzia Sahli (1956) | 1990 |
| 2 | 1:36:29 | Dolorita Gerber (1968) | 1991 |
| 3 | 1:49:26 | Erika Gedeon (1967) | 1987 |

Marathon

| | | | |
|----|---------|--------------------------------|------|
| 1 | 2:33:50 | Mona Stockhecke (1983) | 2014 |
| 2 | 2:34:36 | Luzia Sahli (1956) | 1988 |
| 3 | 2:48.40 | Ruth Briggs (-Branson) (1971) | 2007 |
| 4 | 2:51:40 | Ruth Beerli (1962) | 1997 |
| 5 | 2:54:14 | Alexandra Schaller (1978) | 2014 |
| 6 | 2:55:15 | Marianne Balmer-Knöpfli (1960) | 1989 |
| 7 | 2:56:49 | Eveline Blatter (1970) | 2011 |
| 8 | 2:58:05 | Mirjam Bebi (1982) | 2012 |
| 9 | 2:58:26 | Claudia Blanke (1972) | 2014 |
| 10 | 3:00:13 | Karin Züger (1972) | 2008 |