

# Ewige Bestenliste des LAC TV Unterstrass

## Männer U14

Stand: 04.03.2024

### 60 m

1	7.88	Patrick Nussbaum (1980)	1993
2	7.94	Raphael Egli (1992)	2005
3	7.99	Björn Müller (1999)	2012
4	8.16	Stefan Yanku (1981)	1994
5	8.19	Janick Elsener (2001)	2014
6	8.20	Silvan Tschenett (1985)	1998
6	8.20	Yves Baur (2002)	2015
8	8.23	Yusuf Tayciman (1983)	1996
8	8.23	Laurent Salzgeber (1995)	2008
10	8.24	Gioele Negrello (2009)	2022

### 80 m

1	10.26	Wolfgang Ebner (1976)	1988
2	10.27	Erich Cramer (1974)	1986
3	10.37	Marcel Kunz (1971)	1984
4	10.39	Adrian Luder (1968)	1981
5	10.45	Patrick Nussbaum (1980)	1992
6	10.46	Gabor Csernyik (1974)	1987
7	10.52	Albert Walter (1974)	1987
8	10.60	Kay Sialm (1976)	1989
9	10.71	Sandro Walker (1976)	1989
10	10.80	Marcel Häberli (1969)	1981

### 80 m (handgestoppt)

1	9.9	Cyrill Lüscher (1964)	1976
2	10.1	Bruni Regli (1960)	1973
3	10.5	Tobias Müller (1962)	1975
3	10.5	Christoph Beil (1964)	1977
3	10.5	Erwin Nell (1966)	1979
6	10.6	Marco De Nadis (1966)	1979

### 100 m

1	12.76	Adrian Luder (1968)	1981
2	12.86	Marcel Kunz (1971)	1984
3	13.10	Roland Fritschi (1971)	1984
4	13.36	Gianni De Nardis (1967)	1980
5	13.64	Christoph Menti (1968)	1981

### 100 m (handgestoppt)

1	13.3	Bruni Regli (1960)	1973
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### 300 m

1	44.98	Erwin Nell (1966)	1979
2	45.51	André Gyr (1966)	1979
3	45.97	Christof Lüscher (1966)	1979

### 600 m

1	1:34.26	Karim Jammoul (1996)	2009
2	1:34.75	Björn Müller (1999)	2012
3	1:38.63	Malte Kölle (2001)	2014
4	1:38.94	Lars Widmer (1999)	2012
5	1:41.86	Sven Kehrlé (2005)	2018
6	1:43.4 (m)	Andreas Huber (1964)	1977
7	1:43.46	Bjarne Kölle (1999)	2012
8	1:43.92	Fabian Frost (2003)	2016
9	1:44.23	Robin Peter (2003)	2016
10	1:44.25	Janis Bürge (2006)	2019

### 800 m

1	2:28.17	Malte Kölle (2001)	2013
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### 1000 m

1	2:51.79	Laurent Salzgeber (1995)	2008
2	2:54.26	Björn Müller (1999)	2012
3	2:54.97	Bjarne Kölle (1999)	2012
4	2:55.89	Jonas Raess (1994)	2007
5	2:57.58	Karim Jammoul (1996)	2009
6	2:59.96	Lars Widmer (1999)	2012
7	3:00.66	Raphael Egli (1992)	2005
8	3:02.09	Benjamin Hofer-Girsberger (2005)	2018
9	3:02.43	Malte Kölle (2001)	2013
10	3:02.85	Stefan Mühlemann (1973)	1986

### 1500 m

1	5:27.65	Stefan Baumann (2000)	2013
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### 2000 m

1	6:25.29	Bjarne Kölle (1999)	2012
2	6:40.17	Stefan Mühlemann (1973)	1986
3	6:43.4 (m)	Andreas Huber (1964)	1977
4	6:49.22	Karim Jammoul (1996)	2009
5	6:49.77	Benjamin Hofer-Girsberger (2005)	2017
6	6:54.87	Marcel Jenny (1969)	1982
7	7:06.70 (m)	Carlos Barata (1975)	1988
8	7:06.80 (m)	Daniel Wertli (1976)	1988
9	7:13.13	Malte Kölle (2001)	2013
10	7:23.46	Björn Müller (1999)	2012

### 3000 m

1	10:01.54	Jonas Raess (1994)	2007
2	10:13.67	Bjarne Kölle (1999)	2012
3	10:38.51	Karim Jammoul (1996)	2008
4	10:39.88	Stefan Mühlemann (1973)	1986
5	11:03.26	Ivo Müller (1982)	1995
6	11:23.30	Carlos Barata (1975)	1987

### 80 m Hürden (76.2 cm)

1	11.87	Cyrill Lüscher (1964)	1977
2	12.41	Liam Müller (2002)	2015
3	12.68	Yves Baur (2002)	2015
4	12.75	Björn Müller (1999)	2012
5	12.79	Adrian Luder (1968)	1981
6	12.82	Stefan Yanku (1981)	1994
7	12.89	Malte Kölle (2001)	2014
8	13.16	This Stocker (1982)	1995
9	13.34	Wolfgang Ebner (1976)	1989
10	13.38	Christoph Menti (1968)	1981

### 80 m Hürden (? cm) (handgestoppt)

1	15.1	Bernhard Abbühl (1961)	1974
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### Hoch

1	1.67	Wolfgang Ebner (1976)	1989
2	1.61	Oliver Wachter (1994)	2007
3	1.60	Yves Baur (2002)	2015
4	1.58	This Stocker (1982)	1995
5	1.57	Steven Scott (1995)	2008
7	1.56	Daniel Costa (1975)	1988
7	1.55	Georges Henchoz (1965)	1978
7	1.55	Gabor Csernyik (1974)	1987
7	1.55	Raphael Barengo (1975)	1988
7	1.55	Fotios Karapetsas (1983)	1996
7	1.55	Malte Kölle (2001)	2014
7	1.55	Liam Müller (2002)	2015

### Stab

1	2.10	Nik Mathys (2000)	2012
2	2.00	Marc Zenklusen (1977)	1990
2	2.00	Jan von Siebenthal (1977)	1990
4	1.70	Tobias Keller (1977)	1990

### Weit

1	5.86	Adrian Luder (1968)	1981
2	5.59	Cyrill Lüscher (1964)	1977
3	5.54	Marcel Kunz (1971)	1984
4	5.52	Cyrill Kernbach (2003)	2016
5	5.38	Gino De Marco (1990)	2003
6	5.35	Daniel Costa (1975)	1988
7	5.33	Gabor Csernyik (1974)	1987
8	5.24	Wolfgang Ebner (1976)	1989
9	5.22	Laurent Salzgeber (1995)	2008
10	5.19	Raphael Barengo (1975)	1988
10	5.19	Yusuf Tayciman (1983)	1996

### Drei

1	9.57	Karim Jammoul (1996)	2008
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### **Kugel (4 kg)**

1	13.77	Cyrill Lüscher (1964)	1977
2	12.15	Kay Sialm (1976)	1989
3	9.80	Nico Vetterli (1975)	1988
4	9.75	Bruni Regli (1960)	1973
5	9.55	Roger Henchoz (1969)	1982
6	9.21	Adrian Luder (1968)	1981
7	8.89	Urs Leuthold (1961)	1974

### **Kugel (3 kg)**

1	12.41	Patrick Nussbaum (1980)	1993
2	12.14	Reto Wissmann (1982)	1995
3	11.60	Mirko Wiederkehr (1983)	1996
4	11.39	This Stocker (1982)	1995
5	10.84	Malte Kölle (2001)	2014
5	10.84	Liam Müller (2002)	2015
7	10.61	Laurent Salzgeber (1995)	2008
8	10.28	Alex Ngwenya (2008)	2021
9	9.96	Jan Kehrle (2009)	2022
10	9.91	Björn Müller (1999)	2012

### **Diskus (1.5 kg)**

1	27.88	Kay Sialm (1976)	1989
2	25.86	Robert Böni (1973)	1986
3	22.88	Erich Crameri (1974)	1987
4	21.86	Stefan Mühlemann (1973)	1986
5	21.96	Nico Vetterli (1975)	1988

### **Diskus (1 kg)**

1	35.06	Cyrill Lüscher (1964)	1977
2	33.98	Kay Sialm (1976)	1989
3	25.72	Marcel Kunz (1971)	1984
4	24.74	Malte Kölle (2001)	2014
5	23.86	Christoph Menti (1968)	1981

### **Diskus (0.75 kg)**

1	35.40	Mirko Wiederkehr (1983)	1996
2	33.00	Reto Wissmann (1982)	1995
3	30.44	This Stocker (1982)	1995
4	28.82	Patrick Nussbaum (1980)	1993
5	28.30	Robert Krebs (1980)	1993
6	25.85	Björn Müller (1999)	2012
7	25.76	Patrick Nussbaum (1980)	1992
8	25.70	Malte Kölle (2001)	2013
9	24.83	Lars Widmer (1999)	2012
10	24.62	Jan von Siebenthal (1977)	1990

## Drehwurf

1	27.98	Alex Ngwenya (2008)	2021
2	26.10	Raffael Guye (2009)	2021
3	25.05	Linus Roy (2010)	2023
4	24.94	Joel Folly (2011)	2023
5	22.78	Jan Kehrlé (2009)	2022
6	22.71	Lennart Obst (2011)	2023
7	21.74	Ryan Kannangarage (2010)	2023
8	21.37	Romeo Palma (2011)	2023
9	21.31	Lennox Lehmkuhl (2010)	2023
10	20.52	Serafin Martinelli (2011)	2023

## Hammer (3 kg)

1	19.26	Nik Mathys (2000)	2012
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## Speer (600 g)

1	43.16	Kay Sialm (1976)	1989
2	39.96	Cyrill Lüscher (1964)	1976
3	38.18	Nico Vetterli (1975)	1988
4	37.04	Adrian Luder (1968)	1981
5	34.92	Georges Henchoz (1965)	1978
6	34.18	Raphael Barengo (1975)	1988
7	30.92	Marcel Kunz (1971)	1984
8	30.38	Wolfgang Ebner (1976)	1989
9	28.32	Andreas Merz (1964)	1977

## Speer (400 g)

1	48.82	This Stocker (1982)	1995
2	42.60	Mirko Wiederkehr (1983)	1996
3	42.21	Malte Kölle (2001)	2014
4	42.14	Reto Wissmann (1982)	1995
5	41.96	Patrick Nussbaum (1980)	1993
6	40.86	Liam Müller (2002)	2015
7	38.56	Fabian Frost (2003)	2016
8	38.09	Alex Ngwenya (2008)	2021
9	36.64	Robert Krebs (1980)	1993
10	36.30	Lars Widmer (1999)	2012
10	36.30	Jan Kehrlé (2009)	2022

## Ball (200 g)

1	63.70	Liam Müller (2002)	2015
2	62.99	Yannic Alich (2002)	2015
3	55.95	Lars Widmer (1999)	2012
4	54.94	Malte Kölle (2001)	2014
5	54.35	Cyrill Kernbach (2003)	2016
6	51.50	Janick Elsener (2001)	2014
7	51.06	Alex Ngwenya (2008)	2021
8	50.85	Nik Mathys (2000)	2012
9	49.28	Yves Baur (2002)	2015
10	47.63	Fabio Picciati (2001)	2013

### **Fünfkampf (Schüler)**

1	397	Wolfgang Ebner (1976)	1989
2	388	Gabor Cserynyik (1974)	1987
3	385	Adrian Luder (1968)	1981
4	376	Tek Sathay (1970)	1983
5	369	Marcel Kunz (1971)	1984
6	365	Raphael Barengo (1975)	1988
7	342	Christoph Menti (1968)	1981

### **Fünfkampf (Schüler A)**

1	2962	This Stocker (1982)	1995
2	2919	Raphael Egli (1992)	2005
3	2638	Reto Wissmann (1982)	1995
4	2515	Giuliano Salvatore (1989)	2002
5	2321	Philipp Lienemann (1983)	1995
6	2250	Hanspeter Kübli (1982)	1995

### **Athletic Cup/Kids-Cup**

1	1887	Cyrill Kernbach (2003)	2016
2	1866	Liam Müller (2002)	2015
3	1846	Malte Kölle (2001)	2014
4	1828	Laurent Salzgeber (1995)	2008
5	1802	Janick Elsener (2001)	2014
6	1799	Yves Baur (2002)	2015
7	1687	Lars Widmer (1999)	2012
8	1674	Yannic Alich (2002)	2015
9	1657	Alex Ngwenya (2008)	2021
10	1656	Ashik Begum (2007)	2020