

# Ewige Bestenliste des LAC TV Unterstrass

## Männer U16

Stand: 04.03.2024

### 60 m

1	7.40	Alex Ngwenya (2008)	2023
2	7.47	Ashik Begum (2007)	2022
3	7.78	Yves Eigenmann (2003)	2018
4	7.80	Nicolas Schib (2008)	2023
5	7.81	Aeneas Rüede (2008)	2022
6	7.90	Janick Elsener (2001)	2015
7	7.91	Lars Widmer (1999)	2014
8	7.99	Stefan Baumann (2000)	2015
9	7.96	Martin Fuchs (1999)	2014
10	8.00	Andri Capaul (2008)	2023

### 80 m

1	9.30	Ben Klomp (2002)	2017
2	9.39	Sébastien Emery (2007)	2022
3	9.42	Ashik Begum (2007)	2022
3	9.42	Alex Ngwenya (2008)	2023
5	9.55	Yves Baur (2002)	2017
6	9.56	Cyrill Kernbach (2003)	2018
7	9.64	Hugo Santacruz (1988)	2003
8	9.65	Ali Al-Kenani (1994)	2009
9	9.77	Björn Müller (1999)	2014
10	9.80	Aeneas Rüede (2008)	2023

### 100 m

1	11.54	Sandro Walter (1976)	1991
2	11.67	Sébastien Emery (2007)	2022
2	11.67	Alex Ngwenya (2008)	2023
4	11.81	Adrian Luder (1968)	1983
5	11.81	Christian Seyboldt (1969)	1984
6	11.82	Marcel Kunz (1971)	1986
7	11.83	Roger Schibli (1968)	1983
8	11.88	Gabor Csernik (1974)	1989
9	11.98	Yannick Schaufelberger (1995)	2010
10	12.11	Sven Ryffel (1972)	1987

### 100 m (handgestoppt)

1	11.6	Beat Kaufmann (1964)	1979
2	11.7	Renato Caduff (1962)	1977
3	11.9	Wilfried Kuhn (1959)	1974

### 200 m

1	23.56	Sandro Walter (1976)	1991
2	23.72	Marcel Kunz (1971)	1986
3	24.02	Roger Schibli (1968)	1983
4	24.18	Gabor Csernik (1974)	1989
5	24.51	Christian Seyboldt (1969)	1984
6	25.08	Michael Richter (1970)	1985
7	26.48	Robin Augustin (2002)	2017

### 300 m

1	39.18	Wilfried Kuhn (1959)	1974
2	39.2 (m)	Ralph Ott (1961)	1976
3	39.64	Markus Lüscher (1959)	1974
4	39.66	Thomas Landis (1963)	1978
5	39.8 (m)	Bruno Regli (1960)	1974
6	40.78	Lars Widmer (1999)	2014

### 400 m

1	55.99	Lars Widmer (1999)	2014
2	57.64	Leandro Looser (1991)	2006
3	60.87	Linus Bernhardt (2000)	2015

### 600 m

1	1:24.95	Björn Müller (1999)	2014
2	1:26.12	Yves Baur (2002)	2017
3	1:28.14	Ali Al-Kenani (1994)	2009
4	1:28.78	Laurent Salzgeber (1995)	2009
5	1:29.00	Karim Jammoul (1996)	2011
6	1:29.3 (m)	Jörg Keller (1961)	1976
7	1:29.4 (m)	Renato Caduff (1962)	1977
8	1:29.68	Lars Widmer (1999)	2014
9	1:30.50	Jonas Raess (1994)	2009
10	1:32.5 (m)	Markus Feldmann (1960)	1974

### 800 m

1	2:00.88	Björn Müller (1999)	2014
2	2:04.37	Gert Kilbert (1965)	1980
3	2:05.76	Christoph Schneider (1971)	1986
4	2:08.81	Gian-Marco Meier (1976)	1991
5	2:09.38	Malte Kölle (2001)	2016
6	2:10.12	Lucas Frauenlob (2002)	2017
7	2:19.92	Leandro Looser (1991)	2006

### 1000 m

1	2:38.61	Karim Jammoul (1996)	2011
2	2:39.85	Björn Müller (1999)	2014
3	2:40.93	Jonas Raess (1994)	2009
4	2:42.24	Gert Kilbert (1965)	1980
5	2:43.51	Laurent Salzgeber (1995)	2010
6	2:45.0 (m)	Jörg Keller (1961)	1976
7	2:45.33	Andreas Huber (1964)	1979
8	2:45.48	Lars Widmer (1999)	2014
9	2:46.17	Hugo Santacruz (1988)	2003
10	2:46.23	Yves Baur (2002)	2017

### 1500 m

1	4:15.29	Gert Kilbert (1965)	1980
2	4:25.78	Karim Jammoul (1996)	2010
3	4:29.04	Lucas Frauenlob (2002)	2017
4	4:31.33	Daniel Raschle (1974)	1989
5	4:31.66	Gian-Marco Meier (1976)	1991
6	4:35.48	Stefan Mühlemann (1973)	1987

## 2000 m

1	5:51.46	Jonas Raess (1994)	2009
2	6:02.23	Karim Jammoul (1996)	2010
3	6:15.11	Bjarne Kölle (1999)	2013
4	6:37.81	Kâmil Güzelgün (2000)	2015
5	6:48.48	Denton Widmer (1994)	2009
6	7:01.90	Jonathan Ruchti (2004)	2018
7	7:25.78	Marco Visintin (2003)	2017
8	7:30.85	Léo Hoffmann (2009)	2023
9	7:55.90	Robin Del Bon (2004)	2019

## 3000 m

1	9:10.94	Gert Kilbert (1965)	1980
2	9:47.14	Lucas Frauenlob (2002)	2017
3	9:52.16	Jonas Raess (1994)	2008
4	10:03.30	André Tanner (1981)	1996
5	10:03.49	Samuel Hanimann (1990)	2005
6	10:06.35	Bjarne Kölle (1999)	2014
7	10:11.11	Malcolm Kohler (1971)	1985

## 100 m Hürden (91.4 cm)

1	14.8 (m)	Cyrill Lüscher (1964)	1978
2	15.3 (m)	Alex Borer (1959)	1974
3	15.83	Andreas Huber (1964)	1979
4	16.54	Roger Rüttsche (1964)	1979
5	16.96	Marco De Nadis (1966)	1981
6	17.33	Kurt Hug (1962)	1977

## 100 m Hürden (84 cm)

1	13.71	Liam Müller (2002)	2017
2	13.74	Yves Baur (2002)	2017
3	13.80	Malte Kölle (2001)	2016
4	13.86	Aeneas Rüede (2008)	2023
5	14.25	Ashik Begum (2007)	2022
6	14.30	Leif Bernhard (2003)	2018
7	14.40	Fabian Frost (2003)	2018
8	14.45	Lars Widmer (1999)	2014
9	14.52	Ben Klomp (2002)	2017
10	14.53	Björn Müller (1999)	2014

## 300 m Hürden (84 cm)

1	41.72	Yves Baur (2002)	2017
2	42.2 (m)	Ralph Ott (1961)	1976
3	42.99	Lars Widmer (1999)	2014
4	43.59	Liam Müller (2002)	2017
5	44.28	Hansruedi Mattmann (1962)	1977
6	44.67	Hanspeter Kipfer (1963)	1978
7	45.18	Roger Rüttsche (1964)	1979
8	46.28	Kurt Hug (1962)	1977
9	46.30	Andreas Merz (1964)	1979
10	46.96	Beat Kaufmann (1964)	1979

## Hoch

1	1.84	Cyrill Kernbach (2003)	2018
2	1.83	Roger Steger (1961)	1976
3	1.82	Wolfgang Ebner (1976)	1991
4	1.81	Ben Klomp (2002)	2017
5	1.80	Urs Leuthold (1961)	1976
5	1.80	Yves Baur (2002)	2017
7	1.79	Andreas Huber (1964)	1979
8	1.78	Alex Ngwenya (2008)	2023
9	1.77	Malte Kölle (2001)	2016
10	1.75	Markus Merz (1963)	1978
10	1.75	Christian Seyboldt (1969)	1984
10	1.75	Leif Bernhard (2003)	2018

## Stab

1	3.40	Marcel Weibel (1982)	1997
2	3.20	Malte Kölle (2001)	2016
2	3.20	Robin Augustin (2002)	2017
4	3.00	Christian Lüscher (1966)	1981
4	3.00	Lars Widmer (1999)	2014
6	2.80	Adrian Luder (1968)	1982
7	2.70	Roger Schibli (1968)	1983
8	2.60	Marc Zenklusen (1977)	1992
9	2.40	Urs Leibinger (1966)	1981
10	2.30	Kurt Hug (1962)	1977

## Weit

1	6.76	Cyrill Kernbach (2003)	2018
2	6.67	Ben Klomp (2002)	2017
3	6.41	Adrian Luder (1968)	1983
4	6.38	Yves Baur (2002)	2017
5	6.28	Leif Bernhard (2003)	2018
6	6.23	Marcel Kunz (1971)	1986
7	6.22	Hugo Santacruz (1988)	2003
8	6.06	Ashik Begum (2007)	2022
9	6.00	Sven Ryffel (1972)	1987
10	5.98	Gabor Csernik (1974)	1989

## Drei

1	12.60	Marc Zenklusen (1977)	1992
2	12.29	Malte Kölle (2001)	2016
3	12.00	Wolfgang Ebner (1976)	1991
4	11.65	Werner Tschumper (1961)	1976
5	11.62	Hansruedi Mattmann (1962)	1977
6	11.57	Robert Böni (1973)	1988
7	11.10	Torben Kölle (1997)	2012
8	11.05	Roger Rütsche (1964)	1979
9	10.95	Nico Vetterli (1975)	1990
10	10.43	Leandro Gimmi (1998)	2013

### **Kugel (5 kg)**

1	14.77	Kay Sialm (1976)	1991
2	13.74	Cyrill Lüscher (1964)	1979
3	12.15	Sven Ryffel (1972)	1987
4	12.02	Roger Schibli (1968)	1983
5	11.30	Bruno Regli (1960)	1975
6	11.10	Urs Leuthold (1961)	1976
7	11.09	Hansruedi Mattmann (1962)	1977
8	10.98	Philipp Landolt (1968)	1983
9	10.83	Nico Vetterli (1975)	1990
10	9.26	Moritz Krähenmann (1992)	2006

### **Kugel (4 kg)**

1	14.61	Malte Kölle (2001)	2016
2	13.61	Alex Ngwenya (2008)	2023
3	13.08	Cyrill Kernbach (2003)	2018
4	12.64	Andreas Iseli (1988)	2003
5	12.52	Hugo Santacruz (1988)	2003
6	12.51	Laurent Salzgeber (1995)	2010
7	12.31	Reto Wissmann (1982)	1996
8	12.11	Liam Müller (2002)	2017
9	12.10	Lars Widmer (1999)	2014
10	11.76	Marc Zenklusen (1977)	1992

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

1	40.46	Kay Sialm (1976)	1991
2	36.42	Cyrill Lüscher (1964)	1979
3	33.18	Thomas Landis (1963)	1978
4	33.04	Adrian Luder (1968)	1983
5	32.94	Sven Ryffel (1972)	1987
6	30.26	Marcel Kunz (1971)	1986
7	28.74	Andreas Tollardo (1970)	1985
8	28.68	Ruedi Baur (1959)	1974
9	28.50	Hansruedi Mattmann (1962)	1977
10	28.00	Roger Schibli (1968)	1983

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

1	47.69	Malte Kölle (2001)	2016
2	40.62	This Stocker (1982)	1997
3	40.45	Yves Baur (2002)	2017
4	40.39	Liam Müller (2002)	2017
5	36.73	Mirko Wiederkehr (1983)	1998
6	36.38	Andri Capaul (2008)	2023
7	36.12	Reto Wissmann (1982)	1997
8	35.73	Leif Bernhard (2003)	2018
9	35.04	Marc Zenklusen (1977)	1992
10	34.50	Aeneas Rüede (2008)	2023

### **Speer (800 g)**

1	47.10	This Stocker (1982)	1997
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**Speer (700 g)**

1	37.73	Matthias Eugster (1991)	2006
2	32.93	Moritz Krähenmann (1992)	2006
3	28.05	Laurent Salzgeber (1995)	2010

**Speer (600 g)**

1	58.30	This Stocker (1982)	1997
2	56.34	Kay Sialm (1976)	1991
3	50.24	Christof Freitag (1971)	1986
4	49.32	Malte Kölle (2001)	2016
5	48.88	Robert Böni (1973)	1988
6	48.84	Daniel Castro (1979)	1994
7	48.56	Sven Ryffel (1972)	1987
8	48.33	Liam Müller (2002)	2017
9	48.27	Alex Ngwenya (2008)	2023
10	47.52	Adrian Luder (1968)	1983

**Ball (200 g)**

1	75.05	Alex Ngwenya (2008)	2023
2	74.35	Ashik Begum (2007)	2022
3	71.76	Lars Widmer (1999)	2014
4	64.00	Stefan Baumann (2000)	2015
5	62.44	Janick Elsener (2001)	2015
6	61.67	Maurice Schweizer (2003)	2018
7	58.24	Yves Eigenmann (2003)	2018
8	58.10	Malte Kölle (2001)	2016
9	55.81	Martin Fuchs (1999)	2014
10	55.32	Andri Capaul (2008)	2023

**Fünfkampf (Jugend B)**

1	310	Cyrill Lüscher (1964)	1978
2	295	Ralph Ott (1961)	1976
3	286	Thomas Landis (1963)	1978
4	277	Ruedi Baur (1959)	1974

**Fünfkampf (Jugend B)**

1	3707	Hugo Santacruz (1988)	2003
2	3228	This Stocker (1982)	1997
3	3170	Fotios Karapetsas (1983)	1998
4	2883	Sven Ryffel (1972)	1987
5	2782	Kay Sialm (1976)	1991
6	2660	Marc Zenklusen (1977)	1992
7	2653	Christian Seyboldt (1969)	1984
8	2596	Gabor Csernik (1974)	1989
9	2562	Cyrill Lüscher (1964)	1979
10	2552	Roger Schibli (1968)	1983

## Sechskampf U16

1	4654	Malte Kölle (2001)	2016
2	4406	Yves Baur (2002)	2017
3	4200	Liam Müller (2002)	2017
4	4186	Leif Bernhard (2003)	2018
5	4079	Lars Widmer (1999)	2014
6	3988	Björn Müller (1999)	2014
7	3987	Laurent Salzgeber (1995)	2010
8	3965	Alex Ngwenya (2008)	2023
9	3882	Ben Klomp (2002)	2017
10	3602	Robin Augustin (2002)	2017

## Athletic Cup/Kids-Cup

1	2496	Alex Ngwenya (2008)	2023
2	2461	Ashik Begum (2007)	2022
3	2230	Lars Widmer (1999)	2014
4	2130	Stefan Baumann (2000)	2015
5	2023	Janick Elsener (2001)	2015
6	2012	Andri Capaul (2008)	2023
7	1990	Yves Eigenmann (2003)	2018
8	1988	Laurent Salzgeber (1995)	2009
9	1971	Martin Fuchs (1999)	2014
10	1933	Malte Kölle (2001)	2016
10	1933	Maurice Schweizer (2003)	2018