

# Ewige Bestenliste des LAC TV Unterstrass

## Frauen U23

Stand: 04.03.2024

### 50 m

1	7.16	Martina Fontanive (1986)	2007
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### 60 m

1	8.48	Lara Lehmann (2003)	2023
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### 100 m

1	11.45	Brigitte Senglaub (-Wehrl) (1958)	1979
2	11.77	Margret Haug (1968)	1988
3	11.85	Catia Gubelmann (2001)	2023
4	12.10	Angela Fausch (-Papadopoulos) (1961)	1983
5	12.18	Yvonne Rettig (1963)	1983
6	12.23	Nelleke Koppelaar (1969)	1990
7	12.34	Katelyn Adel (2002)	2023
8	12.38	Petra Fontanive (1988)	2010
9	12.56	Roseline-Joyce Imafidon (2003)	2023
10	12.83	Gillian Nänny (1999)	2019

### 150 m

1	18.32	Katelyn Adel (2002)	2023
2	19.52	Melanie Eisenring (1998)	2019
3	19.85	Roseline-Joyce Imafidon (2003)	2023
4	20.13	Josephine Schertenleib (2001)	2022
5	20.62	Lara Lehmann (2003)	2023
6	21.27	Alena Huber (1995)	2015

### 200 m

1	23.40	Brigitte Senglaub (-Wehrl) (1958)	1979
2	23.72	Catia Gubelmann (2001)	2023
3	24.10	Margret Haug (1968)	1990
4	24.73	Katelyn Adel (2002)	2023
5	25.30	Jenny Maag (1973)	1995
6	25.50	Angela Fausch (-Papadopoulos) (1961)	1983
7	25.51	Yvonne Rettig (1963)	1983
8	25.64	Petra Fontanive (1988)	2010
9	26.29	Yael Egger (1999)	2021
10	26.65	Roseline-Joyce Imafidon (2003)	2023

### 300 m

1	40.54	Petra Fontanive (1988)	2010
2	41.14	Atena Giuliani (2003)	2023
3	42.28	Melanie Eisenring (1998)	2019
4	42.34	Josephine Schertenleib (2001)	2022
5	42.44	Kira Widmer (2002)	2022
6	42.96	Svenja Gut (1998)	2020
7	47.21	Alena Huber (1995)	2015

### 400 m

1	52.51	Catia Gubelmann (2001)	2023
2	53.80	Brigitte Senglaub (-Wehrli) (1958)	1980
3	54.95	Martina Schmitz (1967)	1987
4	56.25	Marion Speck (1964)	1984
5	58.33	Jenny Maag (1973)	1993
6	58.71	Franziska Schwarz (1968)	1989
7	59.23	Melanie Eisenring (1998)	2019
8	61.03	Josephine Schertenleib (2001)	2022
9	61.17	Martina Fontanive (1986)	2007
10	61.28	Svenja Gut (1998)	2020

### 600 m

1	1:30.60 (m)	Martina Schmitz (1967)	1987
2	1:37.17	Katelyn Adel (2002)	2023
3	1:38.78	Martina Tresch (1989)	2009
4	1:39.29	Catia Gubelmann (2001)	2022
5	1:49.92	Lara Lehmann (2003)	2023
6	1:50.83	Carina Balzer (1998)	2019
7	1:56.58	Isabelle Balzer (1998)	2019

### 800 m

1	2:09.99	Martina Schmitz (1967)	1987
2	2:12.40	Anja Duelli (1966)	1986
3	2:13.4 (m)	Nicole Pfister (1965)	1985
4	2:14.69	Silvia Binggeli (1957)	1977
5	2:16.91	Martina Holdimann (1963)	1983
6	2:17.26	Katelyn Adel (2002)	2023
7	2:17.50	Linda Feuz (1977)	1999
8	2:17.61	Catia Gubelmann (2001)	2022
9	2:25.09	Petra Fontanive (1988)	2009
10	2:26.73	Chantal Matzinger (1991)	2012

### 1000 m

1	2:53.14	Anja Duelli (1966)	1987
2	2:56.27	Martina Tresch (1989)	2009
3	2:57.71	Nicole Pfister (1965)	1985
4	3:09.91	Chantal Matzinger (1991)	2013
5	3:23.56	Melanie Eisenring (1998)	2019
6	3:37.66	Carina Balzer (1998)	2019
7	3:42.62	Isabelle Balzer (1998)	2019

### 1500 m

1	4:22.00	Martina Tresch (1989)	2011
2	4:29.66	Daniela Gassmann (1964)	1984
3	4:31.08	Anja Duelli (1966)	1987
4	4:33.77	Nicole Pfister (1965)	1986
5	4:38.9 (m)	Silvia Binggeli (1957)	1977
6	4:43.36	Linda Feuz (1977)	1999
7	4:47.57	Martina Holdimann (1963)	1983
8	4:52.44	Daniela Husarik (1976)	1996
9	4:53.55	Chantal Matzinger (1991)	2012
10	5:12.10	Monika Schüepp (1985)	2006

### 3000 m

1	9:30.96	Daniela Gassmann (1964)	1984
2	9:45.62	Anja Duelli (1966)	1987
3	9:55.50	Linda Feuz (1977)	1998
4	9:58.28	Nicole Pfister (1965)	1986
5	10:01.68	Dolorita Gerber (1968)	1989
6	10:02.68	Silvia Binggeli (1957)	1977
7	10:24.79	Alexandra Desax (1971)	1993
8	10:41.15	Chantal Matzinger (1991)	2013
9	10:42.60	Daniela Husarik (1976)	1996

### 5000 m

1	16:33.31	Martina Tresch (1989)	2010
2	17:07.02	Anja Duelli (1966)	1986
3	17:16.91	Linda Feuz (1977)	1999
4	17:37.57	Nicole Pfister (1965)	1986
5	17:42.65	Alexandra Desax (1971)	1993
6	17:52.40 (m)	Dolorita Gerber (1968)	1990
7	18:23.39	Chantal Matzinger (1991)	2013
8	18:42.25	Daniela Husarik (1976)	1996

### 100 m Hürden (84 cm)

1	13.83	Petra Fontanive (1988)	2009
2	13.95	Katelyn Adel (2002)	2023
3	14.17	Claudia Weber (1972)	1992
4	14.23	Angela Fausch (-Papadopoulos) (1961)	1983
5	14.43	Catia Gubelmann (2001)	2022
6	14.62	Yael Egger (1999)	2021
7	14.65	Claudia Solenthaler (1979)	2001
8	14.66	Monika Fritschi (1962)	1983
9	14.84	Sandra Cramer (1961)	1983
10	15.05	Franziska Schwarz (1968)	1990

### 100 m Hürden (84 cm) (handgestoppt)

1	15.3	Katja Arnold (1952)	1974
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### 300 m Hürden (76.2 cm)

1	42.45	Petra Fontanive (1988)	2009
2	44.67	Atena Giuliani (2003)	2023
3	45.98	Kira Widmer (2002)	2023

### 400 m Hürden (76.2 cm)

1	59.55	Petra Fontanive (1988)	2010
2	61.23	Katelyn Adel (2002)	2023
3	64.21	Atena Giuliani (2003)	2023
4	64.40	Kira Widmer (2002)	2022
5	64.82	Franziska Schwarz (1968)	1989
6	66.89	Martina Holdimann (1963)	1983
7	69.13	Katja Widmer (1999)	2021

### 3000 m Steeple

1	9:51.96	Martina Tresch (1989)	2011
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### Hoch

1	1.80	Katelyn Adel (2002)	2023
2	1.77	Marion Elmer-Bichsel (1960)	1981
3	1.73	Karin Mathys (1977)	1998
4	1.65	Angela Fausch (-Papadopoulos) (1961)	1982
5	1.61	Yael Egger (1999)	2021
6	1.60	Lara Lehmann (2003)	2023
7	1.59	Petra Fontanive (1988)	2010
8	1.57	Melanie Eisenring (1998)	2019
9	1.56	Catia Gubelmann (2001)	2022
10	1.40	Nicole Vollenweider (1992)	2012

### Stab

1	2.80	Natascha Schnell (1976)	1998
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### Weit

1	6.15	Katelyn Adel (2002)	2023
2	6.05	Yvonne Rettig (1963)	1983
3	5.91	Angela Fausch (-Papadopoulos) (1961)	1983
4	5.89	Sandra Cramer (1961)	1983
5	5.82	Catia Gubelmann (2001)	2022
6	5.64	Claudia Weber (1972)	1993
7	5.59	Petra Fontanive (1988)	2010
8	5.50	Yael Egger (1999)	2021
9	5.47	Jacqueline Schmid (1966)	1988
10	5.44	Corinne Simasotchi (1971)	1991

### Drei

1	10.25	Madlaina Arpagaus (1995)	2016
2	9.97	Flavia Pirota (2002)	2022
3	9.07	Isabel Tobler (1992)	2012

### Kugel (4 kg)

1	14.21	Claudia Bühlmann (1967)	1989
2	14.04	Claudia Elsener (1961)	1983
3	13.16	Nadja-Marie Pasternack (1996)	2016
4	12.90	Katelyn Adel (2002)	2023
5	11.96	Yvonne Rettig (1963)	1984
6	11.44	Ornella Giulieri (1964)	1986
7	11.30	Maya Menn (1960)	1980
8	11.10	Angela Fausch (-Papadopoulos) (1961)	1982
9	10.98	Marielle Krause (1988)	2010
10	10.90	Liv Dufner (2004)	2024

### Diskus (1 kg)

1	50.02	Claudia Elsener (1961)	1982
2	46.77	Nadja-Marie Pasternack (1996)	2017
3	42.04	Claudia Bühlmann (1967)	1988
4	40.66	Ornella Giulieri (1964)	1986
5	38.14	Maya Menn (1960)	1980
6	32.85	Manuela Fontanive (1991)	2012
7	32.39	Regula Bernhard (1985)	2005
8	27.20	Martina Fontanive (1986)	2006
9	22.91	Jacqueline Tossoukpe (1987)	2009

### **Hammer (4 kg)**

1	24.04	Andrea Thenen (1981)	2002
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### **Speer (600 g)**

1	55.11	Nadja-Marie Pasternack (1996)	2016
2	43.52	Claudia Bühlmann (1967)	1988
3	42.88	Claudia Weber (1972)	1993
4	40.92	Debbie Curtis (1964)	1985
5	39.30	Margrit Schlittler (1953)	1975
6	39.18	Marielle Krause (1988)	2010
7	38.42	Silvia Bargähr (1966)	1988
8	37.82	Yvonne Rettig (1963)	1984
9	37.29	Katelyn Adel (2002)	2023
10	36.38	Lara Lehmann (2003)	2023

### **Siebenkampf**

1	5720	Katelyn Adel (2002)	2023
2	5197	Catia Gubelmann (2001)	2022
3	5080	Angela Fausch (-Papadopoulos) (1961)	1983
4	4944	Claudia Weber (1972)	1993
5	4870	Petra Fontanive (1988)	2009
6	4865	Franziska Schwarz (1968)	1989
7	4782	Yvonne Rettig (1963)	1984
8	4743	Yael Egger (1999)	2021
9	4400	Lara Lehmann (2003)	2023
10	4222	Marion Elmer-Bichsel (1960)	1982

### **10 km Strasse**

1	38:57.7	Chantal Matzinger (1991)	2013
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### **Halbmarathon**

1	1:18:51	Linda Feuz (1977)	1998
2	1:29:33	Chantal Matzinger (1991)	2012

### **25 km Strasse**

1	1:37:40	Dolorita Gerber (1968)	1990
2	1:49:26	Erika Gedeon (1967)	1987

### **Marathon**

1	3:14:15	Erika Gedeon (1967)	1987
2	3:24:26	Daniela Padeste (1964)	1985