

Persönliche Bestleistungen und Clubrekorde der PSV-Geher

weiblich Stand: 10.02.2012 2 Seiten

Lea und Emilia zur Zeit gemeinsamer CR 1000m Bahn

Zur Erläuterung: B: Bahn, H: Halle, S: Straße, 09: 2009 erzielt

	1000m/ 1km	2000m/ 2km	3000m/ 3km	5000m/ 5km	10.000m/ 10km	20km	20 Minuten	30 Minuten	1 Stunde
Bening, Sabine			18:47,20 H 09 19:04,00 S 10	32:23,33B09 31:49,0 S09	1:08:20,0 2009				
Doliva, Lea	5:17,0 B 10 6:08,0 H 08 5:37,0 S 09	11:24,09 B 10 10:58,60 H 11 11:40,00 S 09	17:14,54 B 11 18:00,41 H 11 17:18,00 S 10	29:56,0 S 11			4.915 m 2010		
Gabel, Ingrid	5:52,6 B 09		19:03,3 B 09 18:49,02 H 09 19:02,00 S 10	32:04,48 B 10 31:10,00 S 11	1:07:49 2011				
Grünky, Alina	5:36,10 B 11 6:18,00 S 10	12:48,49 B 11 12:08,00 H 11 13:10,00 S 10	19:31,19 H 12 19:00,00 S 10						
Heuer Anneke			17:50,84 H 11						
Itter, Luise	6:43,2 B 11 5:56,10 H 11 6:07,0 S 11								
Jung, Jutta		12:39,0 B 08	18:58,10 H 09	32:38,1 B 08 31:42,0 S 07	1:08:40,3 B 08 1:09:47,0 S 08				
Korbella, Krystyna			20:58,2 B 05 20:58,5 H 04 19:59,0 S 06	35:38,0 B 05 34:56,0 S 06	1:10:47,0 B 06 1:11:57,0 S 05	2:31:07,0 2006			
Kunze, Antonia	5:58,03 B 11 5:39,00 S 11 5:36,80 H 11	12:25,0 S 11							
Kunze, Lena	6:01,5 B 11 6:16,00 S 09	13:16,03 B 11 12:43,00 S 11 12:37,00 H 11	20:19,00 S 11 20:00,24 H 12						

Lehmeyer, Emilia	5:17,00 B 09 5:11,40 H 09 5:01,00 S 09	11:07,27 B 10 10:57,20 H 11 10:55,00 S 10	17:00,57 B 11 16:44,93 H 12 16:43,00 S 11	29:19,00 S 11				
Nawratil, Isabel	6:25,10 B 09		19:48,70 B 11 18:56,00 S 11					
Siegemund, Katja	6:38,00 B 10 6:09,00 S 10	13:16,03 B 11 13:01,80 H 11 12:34,00 S 11	20:34,66 B 11 20:05,01 H 12 20:20,00 S 11					
Westphal- Cher, Renate			20:16,0 B 06 20:13,0 H 05 19:44,0 S 05	34:35,5 B 06 34:12,0 S 07	1:13:36,0 B 08 1:10:19,0 S 06	2:36:01,09 2005		
Zeidler, Brigitte	5:29,0 B 08		17:36,0 B 05 17:53,8 H 05 17:04,0 S 06	30:12,3 B 05 30:08,0 S 05	1:03:28,2 B 06 1:00:46,0 S 05	2:08:29,0 2011		

Clubrekorde Mannschaftsleistungen:

3 x 10 km Strasse:

Brigitte Zeidler/Gisela Seifert/Krystyna Korbella **3:15:19 Std.** 2005 Kerpen DM der Senioren

3 x 20 km Strasse:

Brigitte Zeidler/Gisela Seifert/Krystyna Korbella **7:04:23 Std.** 2006 Arnstadt