

## „Ewige“ Bestenliste – W13

### 75m

|       |                      |      |
|-------|----------------------|------|
| 10,42 | Nellessen, Magdalena | 2010 |
| 10,43 | Agbotounou, Irene    | 2015 |
| 10,50 | Koch, Anna-Lena      | 2011 |
| 10,55 | Benjdina, Nisrine    | 2013 |
| 10,57 | Kleine, Sofi         | 2016 |
| 10,88 | Eymael, Nicola       | 2010 |
| 10,95 | Hoffmann, Mette      | 2021 |
| 11,02 | Njegovan, Jana       | 2014 |
| 11,02 | Benedicte, Futi      | 2016 |
| 11,06 | Fahrer, Jule         | 2010 |
| 11,06 | Rütten, Katharina    | 2013 |

### 800m

|         |                    |      |
|---------|--------------------|------|
| 2:33,91 | Rütten, Katharina  | 2013 |
| 2:39,73 | Besting, Lisa      | 2010 |
| 2:42,41 | Flügge, Linn       | 2021 |
| 2:43,46 | Schelhaas, Clara   | 2021 |
| 2:43,61 | Paulußen, Lina     | 2019 |
| 2:47,37 | Hansen, Jule       | 2016 |
| 2:47,54 | Benjdina, Nisrine  | 2013 |
| 2:49,28 | Slobodcicov, Nadja | 2010 |
| 2:50,42 | Müller, Mia        | 2020 |
| 2:50,69 | Schwick, Paulina   | 2010 |

### 2000m

|          |                   |      |
|----------|-------------------|------|
| 7:50,44  | Rütten, Katharina | 2013 |
| 8:23,41  | Besting, Lisa     | 2010 |
| 8:30,37  | Benjdina, Nisrine | 2013 |
| 8:58,42  | Rein, Helene      | 2023 |
| 10:03,28 | Apfelbaum, Luca   | 2012 |

### 60m Hürden

|       |                      |      |
|-------|----------------------|------|
| 10,42 | Kleine, Sofi         | 2016 |
| 10,55 | Benedicte, Futi      | 2016 |
| 10,89 | Hoffmann, Mette      | 2021 |
| 11,10 | Kleine, Linda        | 2019 |
| 11,28 | Benjdina, Nisrine    | 2013 |
| 11,42 | Eck, Zoe             | 2015 |
| 11,49 | Koch, Anna-Lena      | 2011 |
| 11,72 | Sacher, Filipa       | 2014 |
| 11,90 | Nellessen, Magdalena | 2010 |
| 12,05 | Besting, Lisa        | 2010 |

## **Hochsprung**

|      |                   |      |
|------|-------------------|------|
| 1,44 | Njegovan, Jana    | 2014 |
| 1,40 | Verse, Laura      | 2017 |
| 1,41 | Koch, Anna-Lena   | 2011 |
| 1,39 | Kleine, Sofi      | 2016 |
| 1,36 | Eymael, Nicola    | 2010 |
| 1,32 | Kleine, Linda     | 2019 |
| 1,32 | Lounis, Lillia    | 2022 |
| 1,30 | Sacher, Filipa    | 2014 |
| 1,29 | Paulußen, Lina    | 2019 |
| 1,28 | Benjdina, Nisrine | 2013 |

## **Weitsprung Zone**

|      |                      |      |
|------|----------------------|------|
| 4,89 | Kleine, Sofi         | 2016 |
| 4,78 | Koch, Anna-Lena      | 2011 |
| 4,65 | Eymael, Nicola       | 2010 |
| 4,61 | Nellessen, Magdalena | 2010 |
| 4,58 | Benjdina, Nisrine    | 2013 |
| 4,52 | Kleine, Linda        | 2019 |
| 4,51 | Benedicte, Futi      | 2016 |
| 4,44 | Agbotounou, Irene    | 2015 |
| 4,17 | Hoffmann, Mette      | 2021 |
| 4,15 | Eck, Zoe             | 2015 |

## **Kugelstoßen (3 kg)**

|      |                     |      |
|------|---------------------|------|
| 8,47 | Stoschek, Karoline  | 2010 |
| 7,75 | Middelberg, Carolin | 2009 |
| 7,55 | Fohrer, Jule        | 2010 |
| 6,81 | Simanek, Susann     | 2016 |
| 6,80 | Benjdina, Nisrine   | 2013 |
| 6,67 | Legewie, Luisa      | 2012 |
| 6,44 | Apfelbaum, Luca     | 2012 |
| 6,42 | Eck, Zoe            | 2015 |
| 6,19 | Njegovan, Jana      | 2014 |
| 6,04 | Sacher, Filipa      | 2014 |

## **Diskuswerfen (750 g)**

|       |                    |      |
|-------|--------------------|------|
| 19,40 | Stoschek, Karoline | 2010 |
| 18,45 | Simanek, Susann    | 2016 |
| 16,31 | Eck, Zoe           | 2015 |
| 15,28 | Ballero, Christina | 2010 |

## **Speerwerfen (400 g)**

|       |                    |      |
|-------|--------------------|------|
| 27,19 | Benedicte, Futi    | 2016 |
| 19,46 | Stoschek, Karoline | 2010 |
| 18,87 | Schmidt, Inga      | 2021 |

|       |                     |      |
|-------|---------------------|------|
| 18,54 | Simanek, Susann     | 2016 |
| 15,38 | Kleine, Sofi        | 2016 |
| 15,06 | Middelberg, Carolin | 2009 |
| 14,27 | Paulußen, Lina      | 2019 |
| 13,39 | Eck, Zoe            | 2015 |

### **Ballwurf (80 g)**

|      |                    |      |
|------|--------------------|------|
| 43,5 | Stoschek, Karoline | 2010 |
| 36,5 | Benedicte, Futi    | 2016 |
| 34,0 | Benjdina, Nisrine  | 2013 |
| 31,0 | Leutner, Jule      | 2011 |
| 31,0 | Simanek, Susann    | 2016 |
| 31,0 | Schelhaas, Clara   | 2021 |
| 30,0 | Gasparovic, Lea    | 2010 |
| 30,0 | Apfelbaum, Luca    | 2012 |
| 30,0 | Hansen, Jule       | 2016 |
| 27,5 | Krauhaus, Maya     | 2011 |

### **Dreikampf (75 – Weit - Ball)**

|                                |                      |      |
|--------------------------------|----------------------|------|
| 1315 P.<br>19,97 – 4,58 – 29,0 | Benjdina, Nisrine    | 2013 |
| 1309 P.<br>10,84 – 4,59 – 27,0 | Nellessen, Magdalena | 2010 |
| 1297 P.<br>10,70 – 4,44 – 26,0 | Agbotounou, Irene    | 2015 |
| 1291 P.<br>10,88 – 4,52 – 26,5 | Eymael, Nicola       | 2010 |
| 1222 P.<br>11,23 – 4,20 – 26,5 | Besting, Lisa        | 2010 |
| 1182 P.<br>11,28 – 4,05 – 24,5 | Eck, Zoe             | 2015 |
| 1150 P.                        | Middelberg, Carolin  | 2009 |
| 1144 P.<br>11,23 – 3,90 – 22,0 | Njegovan, Jana       | 2014 |
| 1140 P.<br>11,35 - 3,96 - 22,0 | Lounis, Lillia       | 2022 |

### **Vierkampf (75 – Weit – Hoch - Ball)**

|         |                 |      |
|---------|-----------------|------|
| 2092 P. | Benedicte, Futi | 2015 |
|---------|-----------------|------|

|  |                   |      |
|--|-------------------|------|
| 2076 P.                                | Kleine, Sofi      | 2015 |
| 1841 P.                                | Eck, Zoe          | 2015 |
| 1740 P.                                | Simanek, Susann   | 2015 |
| 1719                                   | Hansen, Jule      | 2015 |
| 1683 P.                                | Benjdina, Nisrine | 2013 |
| 1677 P.<br>10,9* - 4,29 - 1,30 - 32,50 | Verse, Laura      | 2017 |
| 1613 P.<br>11.23 – 3,90 – 1,44 – 22,0  | Njegovan, Jana    | 2014 |
| 1606 P.<br>10,88 – 4,52 – 1,20 – 26,5  | Eymael, Nicola    | 2010 |
| 1534 P.<br>11,35 – 3,96 – 22,0 – 1.32  | Lounis, Lillia    | 2022 |

### **Block Basis**

|   |                   |      |
|---|-------------------|------|
| 2208 P.<br>11,69 – 34,0 – 10,79 – 4,57 – 8:30,37  | Benjdina, Nisrine | 2013 |
| 2009 P.<br>12,41 – 20,5 – 11,16 – 4,09 – 7:50,44  | Rütten, Katharina | 2013 |
| 1685 P.<br>12,18 – 13,56 – 3,79 – 23,5 - 10:03,28 | Apfelbaum, Luca   | 2012 |

### **Block Sprint (75-60mH-Weit-Hoch-Speer)**

|  |                      |      |
|--|----------------------|------|
| 2259 P.<br>10,57 - 10,59 - 4,71 - 1,34 - 15,38 | Kleine, Sofi         | 2016 |
| 2030 P.<br>10,71/12,10/4,43/1,20/26,50         | Nellessen, Magdalena | 2010 |
| 1992<br>11,19/12,62/4,26/1,36/22,50            | Eymael, Nicola       | 2010 |
| 1856 P.<br>11,20 - 11,65 - 4,13 - 1,08 – 13,39 | Eck, Zoe             | 2015 |
| 1852 P.<br>11,67 – 11,72 – 3,58 – 1,30 – 10,61 | Sacher, Filipa       | 2014 |
| 1831 P.<br>11,95 - 11,75 - 3,97 - 1,10 - 17,26 | Simanek, Susann      | 2016 |

1793 P. Ballero, Christina 2010  
11,52/12,79/4,22/1,16/20,50

1731 P. Benedicte, Futi 2016  
11,31 - 11,77 - 4,48 - ogv. - 20,50

**Block Lauf (75-60mH-Weit-Ball-800)**

2264 P. Benedicte, Futi 2016  
11,10 - 10,80 - 4,51 - 36,50 - 2:52,78

2071 P. Hansen, Jule 2016  
11,42 - 12,07 - 4,11 - 30,00 - 2:47,37

2015 P. Njegovan, Jana 2014  
11,02 - 13,13 - 3,96 - 25,0 - 2:41,0

2011 P. Besting, Lisa 2010  
11,21/12,44/4,04/26,5/2:51,00

1945 P. Fohrer, Jule 2010  
11,24/12,73/3,96/27,5/3:03,43

1704 P. Schwick, Paulina 2010  
12,25/13,90/3,38/23,0/2:56,84

**Block Wurf (75-60mH-Weit-Kugel-Diskus)**

1841 Eck, Zoe 2015  
11,59 - 12,09 - 4,11 - 5,88 - 14,81

1516 P. Simanek, Susann 2016  
11,93 - 11,98 - 3,81 - 6,81 - ogV.