



# 20-Bestenliste aller Zeiten

Stand: 31. Oktober 2021

## Männer

### 100 m

René Gloor, 56	10.43	1985	Roland Kernen, 47	10.7	1969
Marc Schneeberger, 81	10.45	2008	Hansjörg Beiner, 44	10.7	1970
Edy Hubacher, 40	10.5	1968	Andreas Rothenbühler, 48	10.7	1972
Jörg Badertscher, 54	10.5	1975	Ruedi Marti, 50 / Markus Neuwirth, 54	10.7	1973
Cornel Benz, 68	10.59	2001	Markus Neuwirth, 54	10.7	1974
Philipp Weisser, 70	10.65	1999	Grégoire Ulrich, 63	10.75	1993
Daniel Schneuwly, 59	10.69	1982	Ronny Kummer, 59	10.76	1987
Hans Riesen, 37	10.7	1958	Adrian Krebs, 77	10.76	1999
Ueli Steck, 41	10.7	1963	Raphael Geissbühler, 69	10.77	1987
Georg Kennel, 40	10.7	1968	Jürg Zurlinden, 64	10.80	1990

### 200 m

Marc Schneeberger, 81	20.42	2010	Alain Rohr, 71	21.63	1997
René Gloor, 56	20.84	1985	Hans Kappeler, 51	21.7	1977
Andreas Rothenbühler, 48	21.2	1973	Daniel Schneuwly, 59	21.79	1984
Silvan Lutz, 90	21.25	2017	Vito Anselmetti, 63	21.80	1990
Ronny Kummer, 59	21.37	1984	Dieter Spring, 62	21.89	1988
Jürg Zurlinden, 64	21.60	1991	Hans Riesen, 37	21.9	1961
Roland Kernen, 47	21.60	1969	Christian Lauchenauser, 45	21.9	1971
Hansjörg Beiner, 44	21.60	1970	Jörg Badertscher, 54	21.9	1975
Luca Flück, 96	21.61	2019	Ruedi Marti, 50	21.9	1975
Grégoire Ulrich, 63	21.63	1990	Nicco Massi, 79	21.92	1997

### 300 m

Marc Schneeberger, 81	32.74	2007	Andreas Ritz, 89	34.54	2018
René Gloor, 56	33.10	1987	Tim Stalder, 98	34.55	2018
Alain Rohr, 71	33.46	1999	André Gautschi, 77	34.70	1999
Silvan Lutz, 90	33.55	2017	Adrian Krebs, 77	34.73	1999
Luca Flück, 96	33.81	2019	Robert Bruchez, 50	34.8	1977
Andreas Rothenbühler, 48	33.90	1973	Hübscher Stefan, 71	34.83	1999
Ronny Kummer, 59	33.97	1985	Thomas Lehmann, 71	34.96	1993
Hansjörg Beiner, 44	34.00	1970	Felix Weber, 76	34.97	2005
Christian Lauchenauser, 45	34.30	1971	Willy Kalbermatten, 38	35.0	1968
Daniel Ritter, 66	34.52	1991	Roland Kernen, 47	35.0	1973

### 400 m

Alain Rohr, 71	46.22	1996	Jürg Gerber, 62	47.69	1981
René Gloor, 56	46.55	1982	Hansueli Mumenthaler, 43	47.80	1969
Silvan Lutz, 90	46.83	2013	Günther Hasler, 51	47.90	1975
Luca Flück, 96	47.09	2019	Paul Grünig, 45	48.1	1969
Andreas Rothenbühler, 48	47.25	1973	Walter Matti, 53	48.26	1982
Marc Schneeberger, 81	47.27	2010	Adrian Krebs, 77	48.31	1999
Hansjörg Beiner, 44	47.50	1970	Ernst Santschi, 48	48.4	1968
Ronny Kummer, 59	47.53	1985	Roland Heinemann, 67	48.45	1988
Daniel Ritter, 66	47.64	1993	Andreas Ritz, 89	48.45	2014
Cédric El Idrissi, 77	47.67	1999	Robert Bruchez, 50	48.46	1976

**800 m**

Günther Hasler, 51	1:46.16	1975	Paul Grünig, 45	1:51.0	1969
Hansueli Mumenthaler, 43	1:47.2	1969	André Brunner, 62	1:51.02	1987
Jürg Gerber, 62	1:48.36	1984	Walter Matti, 53	1:51.12	1982
Pascal Furtwängler, 93	1:48.80	2018	Daniel Vögeli, 77	1:51.31	1999
Roland Heinemann, 67	1:49.29	1995	Michael Ferenc, 70	1:51.89	1997
Kai Jenkel, 64	1:49.56	1988	Urs Degen, 68	1:52.19	1990
Robert Heinzer, 59	1:49.91	1980	Ralph Ummel, 64	1:52.20	1989
Hendrik Engel, 92	1:50.46	2018	Reto Ramseier, 93	1:52.29	2018
Steve Lacy,	1:50.59	1977	Hansueli Moser, 52	1:52.4	1974
Michael Ferenc, 70	1:50.99	1995	Walter Jenni, 68	1:52.43	1994

**1000 m**

Günther Hasler, 51	2:18.6	1978	Reto Ramseier, 93	2:25.80	2018
Hansueli Mumenthaler, 43	2:20.8	1967	Urs Pfäffli, 71	2:25.90	1995
Kai Jenkel, 64	2:22.62	1989	Hendrik Engel, 92	2:26.08	2018
Jürg Gerber, 62	2:22.72	1983	Kurt Hürst, 51	2:26.13	1984
Pascal Furtwängler, 93	2:23.73	2018	Hansueli Moser, 52	2:26.5	1974
Robert Heinzer, 59	2:24.23	1981	Lukas Widmer, 59	2:26.6	1981
Michael Ferenc, 70	2:24.92	1997	Johnny Zumbrunnen, 55	2:26.72	1988
Walter Jenni, 68	2:25.16	1994	Toni Feldmann, 48	2:27.0	1971
Daniel Vögeli, 77	2:25.51	1999	Paul Grünig, 45	2:27.4	1972
André Brunner, 62	2:25.79	1988	Urs Degen, 48	2:27.53	1991

**1500 m**

Kai Jenkel, 64	3:38.38	1989	Urs Degen, 68	3:48.67	1990
Günther Hasler, 51	3:39.34	1976	Lukas Widmer, 59	3:49.13	1971
Hansueli Mumenthaler, 43	3:44.3	1967	Jürg Stalder, 69	3:49.22	1993/96
Pascal Furtwängler, 93	3:45.07	2018	Jürg Gerber, 62	3:49.31	1983
Kurt Hürst, 51	3:46.0	1974	Hendrik Engel, 92	3:49.93	2018
Walter Jenni, 68	3:46.88	1995	Hansueli Feldmann, 47	3:50.1	1969
André Brunner, 62	3:47.07	1987	Michael Ferenc, 70	3:50.14	1995
Johnny Zumbrunnen, 55	3:47.50	1988	Reto Ramseier, 93	3:50.28	2019
Toni Feldmann, 48	3:47.7	1972	Robert Bader, 60	3:50.78	1987
Daniel Vögeli, 77	3:47.72	1999	Markus Graf, 61	3:50.96	1989

**3000 m**

Jürg Stalder, 69	7:54.36	1995	Jeff Spillane, 71	8:20.37	1997
Kai Jenkel, 64	7:54.65	1992	Robert Bader, 60	8:20.49	1990
Kurt Hürst, 51	7:56.36	1985	Daniel Vögeli, 77	8:20.53	1999
Toni Feldmann, 48	8:04.8	1972	Yeshane Adefris, 73	8:21.09	2000
Mitteku Megueressa, 73	8:05.14	2003	Lukas Widmer, 59	8:21.19	1981
Tesfamariam Solomon, 76	8:08.94	2008	Joseph Wirth, 48	8:21.4	1973
Günther Hasler, 51	8:10.63	1976	Peter Winkler, 56	8:22.60	1980
Markus Graf, 61	8:11.42	1987	Theo Marbet, 55	8:22.62	1983
Johnny Zumbrunnen, 55	8:14.66	1988	Hendrik Engel, 92	8:23.74	2020
Peter Schmid, 60	8:15.75	1985	Lukas Marti, 87	8:24.23	2016

**5000 m**

Kurt Hürst, 51	13:33.89	1986	Thierry Constantin, 67	14:20.96	1995
Kai Jenkel, 64	13:38.16	1989	Lukas Marti, 87	14:23.40	2019
Jürg Stalder, 69	13:39.54	1994	Martin Kuster, 58	14:29.80	1982
Toni Feldmann, 48	13:48.2	1972	Hansueli Feldmann, 47	14:30.0	1969
Markus Graf, 61	13:59.38	1989	Theo Marbet, 55	14:30.39	1983
Solomon Tesfamariam	14:02.62	2012	Peter Winkler, 56	14:31.71	1979
Peter Schmid, 60	14:12.08	1988	Olivier Petitjean, 69	14:33.08	1996
Mitteku Megueressa, 73	14:16.48	2003	Robert Bader, 60	14:34.99	1990
Marcel Berni, 88	14:18.87	2015	Joseph Wirth, 48	14:35.0	1973
Johnny Zumbrunnen, 55	14:19.10	1988	Walter Jenni, 68	14:39.91	2005

**10000 m**

Kurt Hürst, 51	28:15.90	1986	Peter Schmid, 60	30:28.88	1988
Jürg Stalder, 69	28:16.07	1997	Olivier Petitjean, 69	30:33.73	1996
Markus Graf, 61	28:54.58	1992	Theo Marbet, 55	30:42.97	1983
Joseph Wirth, 48	29:46.89	1973	Patrick Grütter, 75	30:44.97	2006
Marcel Berni, 88	29:56.12	2012	Stefan Tremp, 63	30:59.44	1987
Toni Feldmann, 48	30:07.00	1975	Beat Wanner, 55	31:05.9	1985
Lukas Marti, 87	30:07.77	2019	Hansueli Feldmann, 47	31:12.6	1969
Thierry Constantin, 67	30:11.36	1994	Christian Jost, 57	31:14.42	1988
Walter Jenni, 68	30:16.01	2006	Christoph Hofmann, 73	31:42.10	2005
Martin Kuster, 58	30:18.23	1981	Christoph Seiler, 69	31:46.86	1996

**10 km Strasse**

Tesfamariam Solomon, 76	29:54.2	2013	Mitteku Megueressa, 73	31:55.9	2006
Marcel Berni, 88	30:05.0	2018	Christoph Seiler, 69	31:57.9	2005
Lukas Marti, 87	30:23.0	2019	Jorge Garcia, 82	32:24.3	2014
Mekonen Tefera, 92	30:28.8	2014	David Senn, 75	32:28.0	2011
Jürg Stalder, 69	30:49.0	2005	Beat Gerber, 72	32:41.0	2005
David Bill, 90	31:14.0	2015	Christoph Hofmann, 73	32:45.3	2007
Dabessa Disessa, 72	31:48.0	2005	Mischa Güdel, 90	32:47.8	2012
Martin Zürcher, 82	31:54.0	2021	Matthias Bieri, 87	32:49.8	2012

**Halbmarathon**

Jürg Stalder, 69	1:02.17	1996	Lukas Marti, 87	1:07.31	2019
Tesfamariam Solomon, 79	1:04.57	2015	David Bill, 90	1:07.58	2017
Marcel Berni, 88	1:04.57	2020	Christoph Hubacher, 74	1:07.59	2004
Markus Graf, 61	1:05.29	1992	Robert Bader, 60	1:08.32	1992
Mekonen Tefera, 92	1:05.45	2019	Martin Zürcher, 82	1:09.05	2020
Mitteku Megueressa, 73	1:06.12	2002	Christoph Hofmann, 73	1:09.22	2003
Dabessa Disessa, 72	1:06.32	2003	Walter Jenni, 68	1:09.54	2004

**Marathon**

Jürg Stalder, 69	2:14.34	1996	Christoph Hubacher, 74	2:24.36	2007
Kurt Hürst, 51	2:14.49	1985	Christoph Seiler, 69	2:25.01	2005
Tesfamariam Solomon	2:14.51	2015	Theo Marbet, 55	2:25.25	1983
Dabessa Disessa, 72	2:15.50	2004	Beat Wanner, 55	2:27.26	1985
Marcel Berni, 88	2:18.12	2019	Olivier Petitjean, 69	2:28.02	2002
Markus Graf, 61	2:18.44	1991	Walter Herren, 65	2:28.16	1990
Stefan Tremp, 63	2:19.12	1986	Johnny Zumbrennen, 55	2:28.56	1988
Thierry Constantin, 68	2:20.38	1996	Ueli Schneeberger, 51	2:32.07	1984
Michael Gilgen, 68	2:22.41	1992	Peter Winkler, 56	2:32.39	1985
Christian Jost, 57	2:23.31	1990	Markus Rimann, 56	2:33.32	1988

**110 m Hürden (106,7 cm)**

Jürg Zurlinden, 64	13.93	1991	Bernhard Bart, 57	14.7	1968
Thomas Zurlinden, 63	14.01	1991	Hansruedi Kolb, 39	14.8	1965
Beat Rutishauser, 64	14.07	1988	Yvan Brunner, 69	14.83	1997
Urs Lienhart, 69	14.36	1996	Kurt Wenger, 58	14.86	1980
Alain Rohr, 71	14.36	1996	André Gautschi, 77	14.91	1999
Thomas Lehmann, 71	14.47	1996	Thomas Lehmann, 71	14.92	1999
Peter Bähler, 57	14.60	1983	Alexander Buttazzo, 70	15.02	1994
Cédric El Idrissi, 77	14.60	1995	Jean-Daniel Rey, 62	15.04	1988
Roland Huchthausen, 62	14.67	1980	Andreas Ritz	15.11	2018
Adrian Krebs, 77	14.67	1997	Daniel Ritter, 66	15.11	1988
Jan Iseli, 82	14.69	2005	Oliver Schörlin, 80	15.20	2005

**110 m Hürden (99,1 cm)**

Cédric El Idrissi, 77	14.07	1996	Thomas Bigler, 77	15.30	1995
Adrian Krebs, 77	14.52	1996	Raoul Gyger, 57	15.3	1974
Raynald Mury, 68	14.75	1985	Kurt Wenger, 58	15.3	1975
André Gautschi, 77	14.78	1994	Stefan Geissbühler, 74	15.33	1993
Jürg Zurlinden, 64	14.93	1981	Stefan Schneider, 76	15.40	1995
Beat Rutishauser, 64	14.97	1980	Thomas Zurlinden, 63	15.41	1980
Roland Huchthausen, 62	15.11	1979	Fabian Raemy, 68	15.51	1985
Urs Lienhart, 69	15.16	1986	Jan Iseli, 82	15.58	2000
Simon Gerber, 00	15.27	2018	Oliver Schörlin, 80	15.61	1998
Daniel Odermatt, 63	15.29	1980	Marcel Moser, 76	15.66	1994

**110 m Hürden (91,4 cm)**

Cédric El Idrissi, 77	14.12	1994	Ralph Vollenwyder, 78	15.41	1995
André Gautschi, 77	14.25	1994	Martial Kämpfer, 83	15.46	1999
Adrian Krebs, 77	14.59	1994	Moritz Stuker, 02	15.49	2018
Thomas Bigler, 77	14.96	1994	Marcel Moser, 76	15.66	1993
Jan Iseli, 82	14.96	1999	Dominik Fankhauser, 87	15.86	2003
Stefan Schneider, 76	15.16	1993	Lukas Neumaier, 80	16.14	1997
Oliver Schörlin, 80	15.21	1997	Boris Kohler, 84	16.18	2000
Sascha Meyer, 05	15.26	2021	Ivan Dujmovic, 85	16.19	2001
Oliver Freudiger, 04	15.37	2021	Thomas Schneider, 80	16.22	1997

**300m Hürden (91.4 cm) ab 2018**

Andreas Ritz, 89 (91.4cm)	36.38	2018	Moritz Stuker, 02 (91.4cm)	40.92	2021
Yves Maritz, 95 (91.4cm)	39.43	2018	Simon Masshardt, 84 (91.4cm)	41.03	2009
Simon Gerber, 00 (91.4cm)	40.07	2019			

**300 m Hürden (84.0 cm)**

Cédric El-Jdrissi, 77	38.47	1994	Oliver Freudiger, 04	41.31	2021
Simon Gerber, 00	38.74	2017	Thomas Gautschi, 69	41.37	1986
Urs Lienhart, 69	39.06	1986	Mario Folly, 71	41.53	1987
Marcel Moser, 76	39.39	1993	Andreas Moser, 73	41.54	1990
Heinz Lüthi, 62	40.18	1979	Beat Steiner, 76	41.81	1993
Peter Bigler, 80	40.56	1997	Christian Spahni, 58	41.9	1975
Thomas Schneider, 80	40.66	1997	Walter Kummer, 61	42.12	1978
Stefan Schneider, 76	41.29	1993			

**400 m Hürden (91.4 cm)**

Daniel Ritter, 66	49.62	1995	Willy Kalbermatten, 38	53.10	1973
Alain Rohr, 71	50.53	1999	Ruedi Messer, 57	53.41	1984
Cédric El-Jdrissi, 77	51.18	1999	Robert Heinzer, 59	53.90	1986
Andreas Ritz, 89	51.37	2013	Hansruedi Kolb, 39	53.9	1963
Alexander Buttazzo, 70	51.55	1994	Beat Steiner, 76	53.96	1999
Robert Bruchez, 50	52.00	1976	Georg Kennel, 40	54.0	1969
Alain Saudan, 66	52.09	1988	Kurt Wenger, 58	54.14	1979
Roland Heinemann, 67	52.12	1997	Thomas Lehmann, 71	54.21	1993
Heinz Lüthi, 62	52.52	1983	Yves Maritz, 95	54.23	2017
Georg Jäggi, 45	52.80	1975	Roland Kinzl, 37	54.3	1959

**3000 m Steeple**

Toni Feldmann, 48	8:28.75	1971	Ueli Mathys, 45	9:43.8	1970
Peter Schmid, 60	8:46.68	1985	Paul Benninger, 43	9:47.8	1967
Jürg Stalder, 69	8:53.92	1991	Daniel Hirschi, 63	9:48.66	1989
Kurt Hürst, 51	8:59.8	1974	Peter Eichholzer, 49	9:49.75	1980
Peter Winkler, 56	9:05.43	1979	Max Klauser, 52	10:03.4	1964
Walter Jenni, 68	9:17.17	2003	Thomas Brönnimann, 79	10:13.27	1999
André Brunner, 62	9:23.69	1990	Alfred Krebs, 43	10:14.2	1966
Edgar Sallin, 61	9:28.97	1981	Hans Benninger, 45	10:17.39	1989
Alain Croisier, 90	9:32.59	2019	Thomas Mathis, 72	10:20.6	1963
Christoph Seiler, 69	9:39.07	1996	Thomas Brönnimann, 79	10:27.65	1997

**Hochsprung**

Roland Egger, 60	2.16	1986	Roland Huchthausen, 62	2.01	1979
Roger Rechsteiner	2.15	1989	Rolf Rolli, 64	2.01	1984
Daniel Odermatt, 63	2.13	1984	Daniel Birrer, 65	2.01	1994
Jean-Daniel Rey, 62	2.12	1988	Silvan Ryser, 03	2.00	2020/21
Boris Kohler, 84	2.09	2003	Christoph Schneider, 69	2.00	1997
Denis Voirol, 56	2.06	1981	Beat Ackle, 64	1.99	1988
Dominik Fankhauser, 87	2.05	2006	André Frutig, 48	1.98	1972
Thomas Lehmann, 71	2.04	1995	Kurt Wenger, 58	1.98	1978
André Gautschi, 77	2.04	1999	Marcel Moser, 76	1.98	1994
Kurt Wachter, 53	2.01	1976	Charles-André Vauthier, 49	1.96	1975

**Stabhochsprung**

Raynald Mury, 68	5.45	1993	Christopher Wehri, 68	4.70	1986
André Marchand, 71	5.00	1992/93	Reto Bitterli, 61	4.60	1983
Andreas Oberli, 70	4.90	1996	Daniel Birrer, 65	4.60	1992/93
Daniel Müller, 58	4.82	1982	Philipp Yao, 62	4.60	1992/95
Hans Kleeb, 49	4.80	1975	Adrian Krebs, 77	4.60	1999
Peter Bohnenblust, 62	4.80	1991	Roland Huchthausen, 62	4.50	1981
Christian Florio, 69	4.80	1991	Rolf Weber, 67	4.50	1989
Daniel El-Jdrissi, 75	4.80	1994	Matthias Schaller, 71	4.50	1993
Thomas Lehmann, 71	4.80	1996	Alain Rohr, 71	4.50	1995
Jürg Schmid, 77	4.80	1999	Yvan Brunner, 69	4.50	1996

**Weitsprung**

René Gloor, 56	8.07	1982	Damian Bütler, 59	7.33	1983
Grégoire Ulrich, 63	7.79	1988	Hanspeter Steiner, 44	7.30	1966
André Frutig, 48	7.72	1972	Adrian Stettler, 74	7.29	1997
Fritz Berger, 60	7.48	1981	Bruno Fluri, 49	7.27	1960
Peter Dürig, 45	7.47	1973	Adrian Krebs, 77	7.24	1999
Thomas Riesen, 79	7.41	2001	Beat Ackle, 64	7.23	1986
Christian Lauchenauer, 45	7.41	1971	Hansjörg Beiner, 44	7.20	1966
Franz Gerber, 47	7.37	1974	André Gautschi, 77	7.18	1999
Roland Egger, 60	7.37	1988	Hans Kappeler, 51	7.17	1979
Dieter Spring, 62	7.35	1984	Thomas Lehmann, 71	7.17	1995

**Dreisprung**

Fritz Berger, 60	15.93	1988	Simon Masshardt, 84	14.54	2003
Beat Bollinger, 64	15.89	1992	Beat Ackle, 64	14.51	1988
Thomas Bigler, 77	15.64	2001	Simon Kunz, 83	14.45	2007
Michael Wyss, 79	15.54	2004	Christian Cajacob, 86	14.34	2009
René Gloor, 56	15.45	1988	Ettore Vanoni, 47	14.21	1972
Erich Brechbühl, 68	15.23	1996	Daniel Schmutz, 66	14.19	1989
André Frutig, 48	14.79	1972	Stefan Geissbühler, 74	14.18	1994
Bernhard Haussener, 45	14.74	1971	Damian Bütler, 59	14.16	1987
Grégoire Ulrich, 63	14.70	1992	David Spichiger, 75	14.13	1996
Andreas Moser, 73	14.65	1997	Daniel Odermatt, 63	14.08	1984

**Kugelstossen (7,26 kg)**

Edy Hubacher, 40	19.34	1970	Konrad Bigler, 43	14.04	1965
Hansruedi Meyer, 67	17.45	1994	René Christen, 43	14.00	1965
Heinz Stettler, 52	17.23	1980	Thomas Winz, 64	13.91	1987
Jeanpierre Egger, 43	16.32	1970	Beat Röllli, 70	13.91	1997
Alfred Grossenbacher, 59	15.70	2001	Peter Bähler, 62	13.82	1991
Adrian Sommer, 77	15.58	2001	Daniel Bittel, 92	13.80	2015
Walter Vock, 39	15.55	1969	Thomas Lehmann, 71	13.77	1995
Reto Pfahrer, 62	15.52	1980	Adrian Krebs, 77	13.70	1999
Max Hubacher, 30	15.07	1958	Guido Hertig, 69	13.68	1996
Roland Guerdat, 43	14.05	1974	Christoph Wasem, 75	13.67	2006

**Kugelstossen (6,25 kg, U20)**

Adrian Sommer, 77	15.98	1996	Adrian Krebs, 77	13.35	1995
Reto Pfahrer, 62	15.24	1979	Michael Bösinger, 73	12.69	1990
Ivan Dujmovic, 85	14.79	2003	Pierino Zingg, 60	12.66	1977
Marc Blaser, 79	14.53	1997	Lorenz Sury, 66	12.66	1982
Reto Schläpfer, 77	14.43	1996	Franz Balsiger, 64	12.62	1981
Lukas Oberholzer, 76	14.36	1995	Marc Seiler, 69	12.44	1985
Thomas Winz, 64	14.25	1981	Fabian Raemy, 68	12.40	1985
Fredy Wynistorf, 53	14.17	1970	Thomas Rolli, 62	12.31	1979
Christoph Wasem, 75	13.95	1993	Matthias Wenger, 78	12.27	1997
Cosimo Fersino, 86	13.42	2005	Roland Brand, 68	12.20	1984

**Kugelstossen (5 kg, U18)**

Marc Blaser, 79	16.84	1996	Boris Kohler, 84	13.37	2001
Ivan Dujmovic, 85	16.79	2001	Adrian Schneider, 78	13.32	1995
Cosimo Fersino, 86	15.83	2003	Thomas Rolli, 62	13.28	1977
Franz Balsiger, 64	14.26	1979	Thomas Winz, 64	13.12	1979
Marc Seiler, 69	14.13	1984	Thomas Häusler, 83	13.10	2000
Stefan Sommer, 85	14.04	2001	David Gervasi, 83	12.90	1999
Christian Cajacob, 86	13.90	2003	Thomas Bigler, 77	12.81	1994
Roland Brand, 68	13.67	1983	Thomas Matti, 87	12.73	2004
Lorenz Sury, 66	13.50	1981	Matthias Lüthi, 70	12.65	1985
Adrian Krebs, 77	13.47	1994	Marco Maurer, 75	12.64	1990

**Diskuswerfen (2 kg)**

Edy Hubacher, 40	56.78	1970	Walter Vock, 44	44.36	1969
Heinz Stettler, 52	52.00	1978	Hansruedi Meyer, 67	44.34	1993
Daniel "Bio" Müller, 60	51.80	1994	Thomas Winz, 64	44.08	1988
Jeanpierre Egger, 43	50.40	1970	Christoph Nüesch, 42	44.00	1968
Christoph Wasem, 75	50.23	2006	Reto Pfahrer, 62	43.82	1980
Peter Bähler, 62	49.50	1991	Lukas Oberholzer, 76	42.80	1996
Alfred Grossenbacher, 59	46.24	1982	Guido Hertig, 69	42.73	2000
Fred Lohri, 38	45.56	1970	Bruno Schneiter, 63	41.98	1991
Beat Rölli, 70	44.64	1997	Adrian Krebs, 77	41.90	1999
Adrian Sommer, 77	44.53	2002	Max Hubacher, 30	41.82	1962

**Diskuswerfen (1,75 kg)**

Adrian Sommer, 77	45.64	1995/96	Cosimo Fersino, 86	34.31	2005
Lukas Oberholzer, 76	44.46	1995	Thomas Häusler, 83	33.89	2002
Christoph Wasem, 75	44.12	1994	Joel Binggeli, 04	33.20	2021
Marc Blaser, 79	42.30	1997	Thomas Bigler, 77	33.14	1995
Ivan Dujmovic, 85	39.90	2003	Olivier Della Ragione, 75	32.80	1993
Reto Schläpfer, 77	38.20	1996	Matthias Christen, 87	32.46	2006
Thomas Matti, 87	36.77	2005	Matthias Wenger, 78	29.58	1997
Roman Kormann, 81	34.47	1999			

**Diskuswerfen (1,5 kg)**

Reto Pfahrer, 62	44.90	1979	Philipp Schnidrig, 63	39.72	1977
Marc, Blaser, 79	44.78	1996	Andreas Bitterli, 60	39.34	1977
Lorenz Sury, 66	44.56	1982	Thomas Rolli, 62	39.34	1978
Christoph Wasem, 75	44.32	1992	Kurt Wenger, 58	39.24	1975
Thomas Winz, 64	43.82	1981	Pierino Zingg, 60	39.20	1977
Beat Rutishauser, 64	43.72	1981	Jürg Hirschi, 63	39.20	1979
Joel Binggeli, 04	40.86	2021	Ivan Dujmovic, 85	38.59	2001
Roman Kormann, 81	40.82	1997	Peter Bohnenblust, 62	38.50	1979
Cosimo Fersino, 86	40.35	2003	Roland Huchthausen, 62	37.94	1979
Oliver Balmer, 77	40.22	1992	Marc Seiler, 69	37.88	1984

**Hammerwerfen (7,26 kg)**

Urs Brechbühl, 49	59.94	1974	Ernst Roth, 30	47.84	1965
Adrian Sommer, 77	59.20	1997	Andreas Suter, 61	46.90	1992
Emil-Bogdan Tudorache, 67	57.54	1991	Roger Miserez,	45.88	1968
Fredy Wynistorf, 53	55.98	1974	Adrian Schneider, 79	45.68	2001
Thomas Rolli, 62	53.36	1985	Peter Suter, 31	45.38	1963
Ferdi Piller, 42	51.30	1972	Hans Rosa, 27	44.98	1970
Hansueli Schneider, 51	49.70	1978	Fabrizio Wüthrich, 75	44.52	1995
Daniel Glauser, 69	49.54	1996	Niklaus Röthlin, 30	42.84	1966
Andreas Bart, 57	49.38	1979	Max Imobersteg, 38	42.74	1962
Heinz Schneider, 71	48.48	1992	Fritz Bucher, 55	40.48	1991

**Hammerwerfen (6,25 kg)**

Adrian Sommer, 77	60.40	1996	Fabrizio Wüthrich, 75	46.64	1994
Adrian Schneider, 79	46.94	1996	Hansueli Schneider, 51	41.36	2003
			Roman Kormann, 81	39.87	2000

**Speerwerfen (800 gr, alt)**

Alfred Grossenbacher, 59	74.80	1980	Stefan Grossenbacher, 64	56.54	1982
Rudolf Reber, 46	71.52	1972	Hansruedi Kolb, 39	56.36	1965
Kurt Bigler, 49	68.46	1984	Ruedi Messer, 57	56.12	1984
Kurt Wenger, 58	63.06	1976	Peter Bohnenblust, 62	55.96	1983
Hanspeter Jäggi, 53	62.54	1970	Willy Weber, 43	55.84	1961
Richard Muhmenthaler, 41	62.08	1968	Max Liniger, 45	55.52	1968
Konrad Bigler, 43	60.84	1968	Pascal Leimgruber, 61	55.42	1982
Gerhard Meyer, 51	60.72	1982	Ueli Schindler, 47	55.36	1975
Martin Schwarz, 44	60.46	1966	Ueli Weber, 47	55.30	1969
Hans Riesen, 38	57.24	1961	Roland Huchthausen, 62	55.16	1982

**Speerwerfen (800 gr, neu)**

Guido Hertig, 69	76.83	2002	Yvan Brunner, 69	53.76	1996
Alfred Grossenbacher, 59	71.44	1993	Matthias Christen, 87	53.64	2006
Kurt Bigler, 49	63.38	1988	Daniel Birrer, 65	53.38	1992
Beat Rölli, 70	60.72	1995	Adrian Stettler, 74	52.98	1996
Thomas Lehmann, 71	58.52	1996	Ruedi Messer, 57	52.94	1986
Burkhard Lippuner, 61	57.14	1990	Thomas Studer, 69	52.88	1991
Rolf Bühler, 62	56.98	1992	Marc Seiler, 69	52.52	1987
Gerhard Meyer, 51	56.24	1987	Daniel Vils, 60	52.30	1987
Adrian Krebs, 77	56.08	1996	Jürg Zurlinden, 64	52.24	1992
Andreas Oberli, 70	54.76	1994	Bruno Schneiter, 63	51.84	1991

**Speerwerfen (600 gr, alt)**

Ralph Vollenwyder, 78	55.70	1993	Adrian Krebs, 77	47.68	1994
Marc Seiler, 69	54.92	1983	Thomas Vögelin, 72	46.18	1987
Alain Fleury, 85	54.27	2002	Matthias Iff, 79	45.90	1995
Matthias Christen, 87	52.54	2003	Philipp Schndirig, 63	45.72	1978
Kurt Wenger, 58	49.98	1972	Pierino Zingg, 60	45.16	1975
Olivier Hartmann, 84	49.56	2001	Franz Morgenthaler, 61	45.14	1976
Peter Kuhn, 67	49.30	1982	Mauro Abbühl, 55	44.76	1971
Christian Ryter, 76	49.28	1993	David Gervasi, 83	44.32	1997
Boris Kohler, 84	48.78	2001	Beat Dällenbach, 73	44.36	1988
Lorenz Sury, 66	47.98	1981	Cosimo Fersino, 86	44.26	2003

**Speerwerfen (700 gr)**

Matthias Christen, 87	49.72	2004	Remo Grossen, 88	35.86	2005
Thomas Matti, 87	43.45	2004	Michael Moser, 91	34.99	2007
Lukas Christen, 89	41.37	2006	Simon Cordey, 88	32.25	2004
Sabri Katana, 87	39.99	2004			

## Frauen

### 100 m

Mireille Donders, 74	11.38	1999	Eveline Urfer, 57	12.35	1983
Manuela Marxer, 65	11.84	1995	Anita Erismann, 76	12.35	1993
Edith Michel, 60	11.92	1984	Fiona Herrmann, 80	12.38	1997
<b>Anna Rotter, 02</b>	<b>12.20</b>	<b>2021</b>	Manuela Schaad, 61	12.43	1987
Barbara Thöni, 64	12.20	1985	Ruth Minnig, 57	12.44	1984
Barbara Gloor-Beyeler, 67	12.26	1994	Corinne Röthlisberger, 80	12.44	1997
Marion Zryd, 74	12.26	1999	Maya Bieri, 72	12.44	1999
<b>Daniela Schlatter, 94</b>	<b>12.28</b>	<b>2021</b>	Meya Wyder, 46	12.5	1973
Claudia Disteli, 72	12.30	1996	Edith Häusler, 61	12.5	1976
Renate Hauser, 79	12.30	1999	<b>Jil Reber, 04</b>	<b>12.51</b>	<b>2021</b>

### 200 m

Mireille Donders, 74	23.19	1996	Corinne Röthlisberger, 80	25.26	2003
Manuela Marxer, 65	24.14	1994	<b>Seraina Lurf, 02</b>	<b>25.29</b>	<b>2021</b>
Marion Zryd, 74	24.21	1996	Claudia Disteli, 72	25.36	1996
Edith Michel, 60	24.63	1986	Fiona Herrmann, 80	25.41	1997
Barbara Thöni, 64	24.82	1986	Marilyn Qammou, 74	25.46	1997
Manuela Schaad, 61	25.08	1987	Renate Hauser, 79	25.52	1999
Barbara Gloor-Beyeler, 67	25.15	1994	<b>Anja Dubler, 05</b>	<b>25.55</b>	<b>2021</b>
Anita Erismann, 76	25.17	1994	Eveline Urfer, 57	25.57	1983
Ruth Minnig, 57	25.25	1984	Gaby Schedler, 58	25.57	1990
<b>Anna Rotter, 02</b>	<b>25.27</b>	<b>2021</b>	<b>Daniela Schlatter, 94</b>	<b>25.58</b>	<b>2021</b>

### 300 m

Mireille Donders, 74	37.40	1998	Edith Lüthi-Michel, 60	41.65	1986
Manuela Marxer, 65	38.90	1994	Sandra Jost, 78	41.81	1997
<b>Seraina Lurf, 02</b>	<b>40.28</b>	<b>2021</b>	Susanne Heinemann, 70	42.31	1988
Sina Sprecher, 89	40.69	2017	<b>Anna Rotter, 02</b>	<b>42.43</b>	<b>2021</b>
Barbara Beyeler, 67	40.99	1990	Virginie Barbezat, 80	42.59	1997
Barbara Thöni, 64	41.02	1983	Ariane Burkhart, 85	42.60	2003
Corinne Röthlisberger, 80	41.26	2002	Barbara Stalder, 83	42.85	2003
Manuela Schaad, 61	41.42	1987	Fiona Herrmann, 80	42.97	1997
Gaby Schedler, 58	41.42	1989	Monika Schediw, 64	43.03	1978
Ruth Minnig, 57	41.44	1982	Sandra Gfeller, 69	43.05	1988

### 400 m

Mireille Donders, 74	53.92	1999	Gaby Schedler, 58	57.99	1989
Manuela Marxer, 65	55.84	1996	Barbara Thöni, 64	58.03	1985
Sina Sprecher, 89	55.90	2018	Manuela Schaad, 61	58.33	1987
<b>Seraina Lurf, 02</b>	<b>56.31</b>	<b>2021</b>	Barbara Gloor-Beyeler, 67	58.41	1994
Gaby Heinzer-Capraro, 67	56.97	1992	<b>Anja Dubler, 05</b>	<b>58.64</b>	<b>2021</b>
Ruth Minnig, 57	57.01	1985	Anita Erismann, 76	59.14	1994
Anja Jost, 81	57.50	2004	Nadine Rohr, 77	59.28	1999
Corinne Röthlisberger, 80	57.62	2002	Sandra Gfeller, 69	59.34	1987
Susanne Heinemann, 70	57.66	1988	Simone Ryf, 78	59.40	1994
Sandra Jost, 78	57.77	1997	Claudia Disteli, 72	59.49	1995

### 800 m

Sina Sprecher, 89	2:07.74	2018	Elisabeth Krieg, 61	2:17.68	1991
Gaby Heinzer-Capraro, 67	2:08.59	1992	Franziska Nievergelt, 72	2:18.90	1996
Daria Nauer, 66	2:08.66	1991	Sibylle Neumaier, 78	2:19.45	2007
Manuela Marxer, 65	2:12.93	1994	Melanie Scherler, 81	2:19.50	1997
Lotti Senn, 49	2:13.94	1979	Simone Ryf, 78	2:19.71	2003
Margrit Wyssbrod, 53	2:14.8	1975	Beatrice Brenzikofer, 63	2:20.10	1982
Tsige Worku, 82	2:16.06	2005	Isabella Schoch, 63	2:20.73	1980
Selina Baumberger, 90	2:17.02	2017	Marion Zryd, 74	2:20.86	1996
Nerina Gross, 85	2:17.41	2016	Beatrice Ritz, 65	2:20.96	1997
Mirja Jenni, 76	2:17.47	2006	Livia Burri, 87	2:21.50	2002



**1000 m**

Gaby Heinzer-Capraro, 67	2:47.52	1992	Maya Hofer, 90	3:03.73	2010
Sina Sprecher, 89	2:48.26	2020	Beatrice Brenzikofer, 63	3:04.91	1982
Daria Nauer, 66	2:49.04	1992	Melanie Scherler, 81	3:04.35	1997
Lotti Senn, 49	2:54.7	1978	Seraina Badertscher, 83	3:04.90	2009
Margrit Wyssbrod, 53	2:56.84	1976	Selina Baumberger, 90	3:05.14	2018
Franziska Nievergelt, 72	2:59.97	1996	Céline Pfeiffer, 96	3:05.57	2021
Elisabeth Krieg, 61	3:00.25	1988	Livia Burri, 87	3:05.91	2001
Beatrice Ritz, 65	3:01.55	2000	Cassandra Gouttefarde, 08 (U14)	3:06.96	2021
Maja Neuenschwander, 80	3:01.90	1999	Jeannine Boschung, 87	3:08.06	2002
Petra Oberli, 74	3:01.98	2001	Rosmarie Strupler, 58	3:09.18	1987

**1500 m**

Daria Nauer, 66	4:16.56	1994	Renate Wyss, 85	4:42.65	2007
Gaby Heinzer-Capraro, 67	4:20.16	1992	Maja Neuenschwander, 80	4:43.82	1999
Mirja Jenni, 76	4:22.48	2003	Selina Baumberger, 90	4:47.53	2017
Sina Sprecher, 89	4:28.53	2017	Petra Oberli, 74	4:47.92	2000
Mekdes Woldu, 92	4:34.07	2012	Céline Hauert, 89	4:48.86	2009
Lotti Senn, 49	4:35.08	1974	Beatrice Ritz, 65	4:49.10	1999
Elisabeth Krieg, 61	4:35.26	1994	Céline Pfeiffer, 96	4:51.96	2021
Margrit Wyssbrod, 53	4:37.55	1976	Melanie Scherler, 81	4:52.36	1997
Nathalie Schertenleib, 92	4:38.79	2012	Seraina Badertscher, 83	4:52.66	2009
Franziska Nievergelt, 72	4:42.46	1996	Simone Ryf, 78	4:58.19	2000

**3000 m**

Daria Nauer, 66	8:54.53	1993	Natalie Kuhn, 76	10:15.96	2002
Mirja Jenni, 76	9:16.40	2006	Beatrice Ritz, 65	10:18.70	1999
Tsige Worku, 82	9:41.23	2006	Franziska Nievergelt, 72	10:26.48	1996
Elisabeth Krieg, 61	9:42.10	1991	Franziska Luce, 62	10:27.17	1997
Renate Wyss, 85	9:56.31	2007	Daniela Aeschbacher, 78	10:30.43	2016
Maja Neuenschwander, 80	9:58.87	1999	Livia Burri, 87	10:34.07	2002
Lotti Senn, 49	10:01.83	1975	Jolanda Blum, 71	10:35.85	2004
Kristin Tremp-Weibel, 70	10:10.70	1996	Rosmarie Strupler, 58	10:37.29	1987
Petra Oberli, 74	10:11.91	2001	Helen Leuenberger, 54	10:38.11	1980
Susanne Rufer, 71	10:15.84	2002	Susanne Kunkler	10:41.95	1988

**5000 m**

Daria Nauer, 66	15:13.93	1994	Petra Oberli, 74	17:58.00	2001
Mirja Jenni, 76	15:55.16	2003	Seraina Badertscher, 83	18:00.06	2008
Mekdes Woldu, 92	16:36.96	2012	Daniela Aeschbacher, 78	18:05.22	2016
Nathalie Schertenleib	16:44.66	2013	Martina Megert, 81	18:27.30	2000
Renate Wyss, 85	17:05.60	2009	Natalie Kuhn, 76	18:32.47	2002
Elisabeth Krieg, 61	17:06.70	1995	Maya Hofer, 90	18:33.10	2010
Renate Wyss, 85	17:08.13	2007	Vivianne Bongard, 85	19:08.33	2007
Céline Hauert, 89	17:24.10	2010	Sylvia Sommer, 67	19:38.22	1995
Beatrice Ritz, 65	17:46.78	2000	Anja Ledergerber, 81	20:55.84	2011

**10000 m**

Daria Nauer, 66	31:35.96	1994	Céline Hauert, 89	36:13.92	2010
Mirja Jenni, 76	32:37.66	2006	Daniela Aeschbacher, 78	36:26.11	2013
Elisabeth Krieg, 61	34:43.68	1993			

**10 km Strasse**

Daria Nauer, 66	32:55.0	1994	Susanne Rufer, 71	37:50.4	2005
Mirja Jenni, 76	34:03.3	2006	Nathalie Kuhn, 76	37:50.9	2005
Renate Wyss, 85	34:05.0	2008	Sina Sprecher, 89	38:01.4	2014
Tsige Worku, 82	34:28.1	2006	Simone Ryf, 78	38:04.5	2005
Daniela Aeschbacher, 78	35:34.0	2014	Beatrice Ritz, 65	38:10.4	2005
Elisabeth Krieg, 61	35:49.0	2006	Kristin Tremp-Weibel, 70	38:10.7	2006
Petra Oberli, 74	36:59.9	2005	Ezgi Akdesir, 85	38:13.6	2014

### **Halbmarathon**

Daria Nauer, 66	1:12.24	1999	Céline Hauert, 89	1:23.12	2007
Tsige Worku, 82	1:13.52	2007	Petra Guggisberg-Oberli, 74	1:23.16	2011
Elisabeth Krieg, 61	1:17.20	2002	Kristin Tremp-Weibel, 70	1:24.27	2001
Susanne Rufer, 71	1:18.09	2002	Daniela Wyss, 78	1:24.31	2003
Daniela Aeschbacher, 78	1:18.17	2017	Tanja Amiet, 76	1:24.26	2012
Mirja Jenni, 76	1:18.50	2012	Sabine Kuonen, 90	1:24.50	2017
Petra Oberli, 74	1:20.27	2004	Greta Gnehm (-Stuts), 83	1:25.11	2016
Nathalie Kuhn, 76	1:21.53	2002	Franziska Luce-Dellsperger, 62	1:25.29	2002

### **Marathon**

Daria Nauer, 66	2:32.38	1999	Petra Oberli, 74	2:51.59	2003
Elisabeth Krieg, 61	2:33.01	1994	Tanja Amiet, 76	2:53.09	2011
Tsige Worku, 82	2:35.04	2005	Greta Gnehm (-Stuts), 83	2:59.58	2016
Susanne Rufer, 71	2:44.20	2003	Franziska Luce-Dellsperger, 62	3:03.28	2003
Daniela Aeschbacher, 78	2:44.53	2016	Daniela Wyss, 78	3:03.29	2005
Kristin Tremp-Weibel, 70	2:50.30	1996			

### **100 m Hürden (84,0 cm)**

Manuela Marxer, 65	13.38	1994	Meya Wyder, 46	15.10	1972
Ursula Minnig, 59	14.14	1987	Sibylle Neumaier, 78	15.20	1999
Marion Zryd, 74	14.49	1993	Eliane Ritler, 79	15.28	1999
Anja Jost, 81	14.52	2003	Andrea Ryf, 87	15.31	2009
Gaby Schedler, 58	14.64	1990	Renate Hauser, 79	15.33	2007
Daniela Schlatter, 94	14.69	2021	Nadine Rohr, 77	15.37	1995
Ewa Maeder, 80	14.88	1999	Sonja Friedrich, 64	15.40	1981
Maya Hofer, 54	14.99	1983	Patricia Hubacher, 74	15.59	1992
Ruth Minnig, 57	15.07	1988	Karin Röthlisberger, 70	15.64	1993
Monika Lüthi, 65	15.09	1984	Anna Rotter, 02	15.68	2021

### **100 m Hürden (76,2 cm)**

Valérie Guignard, 04	13.93	2020	Antonia Dürig, 79	15.48	1995
Marion Zryd, 74	14.66	1991	Chantal Ortelli, 78	15.48	1995
Sibylle Neumaier, 78	15.10	1995	Fiona Herrmann, 80	15.56	1996
Anna Rotter, 02	15.17	2018	Jeannette Schlup, 62	15.60	1978
Ewa Mäder, 80	15.17	1997	Eliane Ritler, 79	15.84	1996
Anja Dubler, 04	15.24	2021	Jeanine Waber, 66	15.86	1982
Monika Lüthi, 65	15.31	1981	Sandra Jost, 78	15.88	1995
Lenia Bühler, 05	15.38	2021	Eva Walder, 80	15.88	1996
Patricia Hubacher, 74	15.42	1991	Nadine Rohr, 77	15.92	1994
Fränzi Rubin, 78	15.45	1995	Sonja Friedrich, 64	16.02	1980

### **400 m Hürden (76.2 cm)**

Anja Jost, 81	60.80	2004	Lisa Leuthold, 04	66.49	2019
Anja Dubler, 04	63.79	2021	Andrea Ryf, 87	66.71	2011
Simone Guyot, 70	64.10	1988	Nerina Gross, 85	67.47	2016
Gaby Heinzer-Capraro, 67	64.37	1992	Sarah Mathys, 79	67.78	1999
Sibylle Neumaier, 78	64.50	2005	Lena Leuthold, 04	68.14	2019
Ursula Minnig, 59	65.73	1985	Monika Lüthi, 65	68.66	1985
Ursula Koster, 70	66.58	1999			

### **Hochsprung**

Manuela Marxer, 65	1.78	1989	Anita Blaser, 67	1.60	1985
Manuela Schaad, 61	1.76	1985	Ursula Gyger, 64	1.60	1985
Gaby Schedler, 58	1.75	1990	Jessica Era, 81	1.60	1997
Barbara Berger, 68	1.73	1985	Corinne Girod, 70	1.60	1999
Marion Zryd, 74	1.66	1993	Agathe Mäder, 56	1.59	1971
Chiara Sansoni, 95	1.65	2014	Maya Hofer, 54	1.58	1975
Sonja Friedrich, 64	1.64	1982	Yvonne Nyffenegger, 61	1.58	1976
Susanne Heinemann, 70	1.64	1988	Sibylle Vogt, 76	1.58	1995
Isabel Bolt, 70	1.61	1989	Antonia Dürig, 79	1.57	1994
Jeanine Waber, 66	1.60	1982	Sarah Gerber, 02	1.56	2017

**Stabhochsprung**

Nadine Rohr, 77	3.70	1999
Andrea Steinacher, 80	3.60	1999
Fiona Heinzmann, 05	3.50	2021
Noelle Glauser, 02	3.50	2021
Mirjam Spicher, 80	3.20	1999
Anne Bossard, 84	3.10	2001
Zin Amedi Yildiz, 03	3.00	2020

**Weitsprung**

Daniela Schlatter, 94	6.51	2021
Manuela Marxer, 65	6.13	1994
Anna Rotter, 02	6.04	2021
Marion Zryd, 74	5.98	1996
Ruth Minnig, 57	5.90	1984
Mireille Donders, 74	5.77	1994
Marlen Schmid, 97	5.75	2017
Maya Hofer, 54	5.68	1975
Manuela Schaad, 61	5.66	1983
Edith Michel, 60	5.66	1984

**Dreisprung**

Marlen Schmid, 97	12.27	2017
Sibylle Vogt, 76	11.90	1997
Karin Röthlisberger, 70	11.62	1995
Ramona Bachem, 91	11.59	2015
Daniela Schlatter, 94	11.56	2020
Barbara Gloor-Beyeler, 67	11.49	1999
Océane Köchli, 03	11.45	2021
Sabrina Wälti, 99	11.42	2021
Sabine Röthlisberger, 75	11.41	1999
Barbara Stalder, 83	11.40	2002

**Kugelstossen (4 kg)**

Manuela Marxer, 65	13.53	1995
Sonja Friedrich, 64	12.16	1985
Claudia Bögli, 67	12.04	2000
Vreni Scheidegger, 49	11.96	1977
Nadia Bögli, 72	11.80	1996
Liliane Bart, 60	11.74	1977
Sandra Bangerter, 76	11.51	1996
Beatrice Spring, 68	11.45	1997
Kathrin Steffen, 88	11.25	2008
Marianne Anliker, 54	11.20	1973

**Kugelstossen (3 kg)**

Nicole Jarolimova, 05	12.61	2021
Nathalie Lüdi, 86	11.61	2003
Martina Kocher, 85	11.41	2002
Sandra Bangerter, 76	11.28	1991
Barbara Stalder, 83	11.10	2000
Melanie Meyer, 84	10.84	2001
Miriam Spicher, 80	10.84	1996
Nadine Rohr, 77	10.77	1994
Gabrielle Ferrari, 05	10.77	2019
Stephanie Schläfli, 83	10.63	1997

**Diskuswerfen (0,75 kg)**

Nora Hostettler, 02	25.33	2017
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Lenia Bühler, 05	2.70	2021
Sandra Schneider, 79	2.70	1999
Fiona Heinzmann, 05	2.70	2019
Nicole Humi, 82	2.60	1997
Doris Binggeli, 83	2.50	2000
Laura Mosimann, 90	2.40	2006

Ramona Bachem, 91	5.64	2017
Gaby Schedler, 58	5.60	1990
Sibylle Vogt, 76	5.57	1997
Barbara Gloor-Beyeler, 67	5.52	1991
Anja Dubler, 05	5.50	2020
Meya Wyder, 46	5.48	1972
Esther Brönnimann, 73	5.46	1993
Barbara Berger, 68	5.45	1984
Nathalie Wasem, 74	5.45	1997
Anja Jost, 81	5.44	2002

Sahra Gerber, 02	11.24	2019
Sara Glauser, 77	11.14	1999
Tanja Muralt, 98	11.14	2020
Anna Rotter, 02	11.13	2019
Ruth Raaflaub-Minnig, 57	11.01	1991
Sari Werlen, 05	10.85	2021
Andrea Ryf, 87	10.65	2008
Nathalie Wasem, 74	10.47	1993
Joëlle Buri, 01	10.43	2018
Sara Glauser, 77	10.36	1997

Carmela Flury, 74	11.20	1995
Manuela Randegger, 59	11.18	1976
Priska Scheidegger, 76	11.11	2001
Olga Achermann, 53	11.00	1976
Nicole Jarolimova, 05	10.97	2021
Monika Gasser, 56	10.95	1977
Sabine Röthlisberger, 75	10.95	2000
Helene Dürig, 47	10.83	1969
Hilda Zbinden, 59	10.80	1984
Rahel Riesen-Wenger, 77	10.67	2005

Ramona Bachem, 91	10.60	2008
Marlen Schmid, 97	10.45	2014
Anja Dubler, 05	10.36	2021
Christine Badertscher, 76	10.36	1991
Stephanie Mumenthaler, 87	10.35	2003
Christine Fritz, 64	10.23	1977
Alina Ott, 06	10.20	2021
Valentina Schmid, 06	10.18	2019
Liza Balli, 03	10.07	2018
Dora Wenger, 62	10.07	1976

**Diskuswerfen (1,0 kg)**

Carmela Flury, 74	46.92	1995	Sonja Friedrich, 64	35.18	1984
Sandra Bangerter, 76	40.28	1997	Ruth Niederhauser, 48	34.02	1970
Priska Scheidegger, 76	39.04	2000	Kathrin Steffen, 88	33.80	2013
Hilda Thöni-Zbinden, 59	38.94	1987	Muriel Marti, 54	33.48	1972
Olga Achermann, 53	38.88	1976	Alexandra Ryf, 72	33.38	1997
Marianne Anliker, 54	37.68	1975	Eva Schneider, 57	33.03	2004
Nadia Bögli, 72	37.56	1996	Monika Gasser, 56	32.78	1977
Beatrice Spring, 68	37.28	1996	Claudia Bögli, 67	32.18	1996
Helene Dürig, 47	36.62	1970	Ramona Bachem, 91	31.43	2021
Rahel Riesen-Wenger, 77	35.52	1995	Beatrice Spring, 68	30.55	1999

**Hammerwerfen (4,0 kg)**

Beatrice Spring, 68	47.92	1999	Carmela Flury, 74	28.54	1995
Rahel Riesen-Wenger, 77	41.05	2004	Nicole Schnewly, 79	27.96	1997
Beatrice Marti, 68	39.51	2014	Sabine Röthlisberger, 75	26.67	1999
Kathrin Steffen, 88	30.11	2013	Nadia Bögli, 72	21.72	1994
Alexandra Ryf, 72	28.83	1999			

**Speerwerfen (600 gr)**

Claudia Bögli, 67	55.06	1995	Claudia Heinzmann, 67	38.81	2000
Beatrice Spring, 68	46.74	1994	Nathalie Beck, 68	38.68	1985
Manuela Marxer, 65	45.24	1996	Vreni Scheidegger, 49	38.36	1973
Sonja Friedrich, 64	42.64	1981	Regula Batt, 78	37.39	2001
Sabine Röthlisberger, 75	42.54	2000	Monika Wittwer, 69	36.80	1993
Regula Brügger, 65	42.46	1982	Mirjam Spicher, 80	36.75	1999
Melanie Meyer, 84	41.06	2001	Alexandra Ryf, 72	36.24	1995
Marianne Anliker, 54	39.54	1977	Ursula Minnig, 59	35.10	1984
Josiane Urech, 68	39.32	1989	Beatrice Marti, 68	34.88	2008
Ruth Kocher, 56	38.94	1973	Judith Lüpold, 66	34.68	1985