

Männer – M30

100 m

| | | |
|-------|-----------------|------|
| 11,49 | Hohnen, Rolf | 2001 |
| 12,21 | Motter, Michael | 2002 |
| 12,25 | Fischer, Thomas | 2007 |
| 12,31 | Hohnen, Rolf | 2004 |

200 m

| | | |
|-------|-----------------|------|
| 23,38 | Hohnen, Rolf | 2001 |
| 24,56 | Fischer, Thomas | 2004 |

400 m

| | | |
|-------|----------------------|------|
| 51,53 | Michalewicz, Andreas | 2000 |
|-------|----------------------|------|

800 m

| | | |
|---------|--------------|------|
| 2:24,88 | Vogt, Harald | 2003 |
|---------|--------------|------|

1500 m

| | | |
|---------|--------------|------|
| 4:30,26 | Königs, Tomm | 2018 |
| 4:57,92 | Vogt, Harald | 2003 |

3000 m

| | | |
|----------|-------------------|------|
| 09:56,44 | Königs, Tomm | 2018 |
| 10:15,38 | Decker, Christian | 2012 |
| 10:34,52 | Vogt, Harald | 2003 |
| 10:52,82 | Schimitzek, Sven | 2009 |

5000 m

| | | |
|----------|----------------------|------|
| 16:56,78 | Königs, Tomm | 2018 |
| 18:27,69 | Werthmüller, Philipp | 2011 |
| 18:44,13 | Vogt, Harald | 2001 |
| 18:46,63 | Strunk, Malte | 2009 |
| 18:48,83 | Schimitzek, Sven | 2009 |

10000 m

| | | |
|----------|------------------|------|
| 39:02,58 | Vogt, Harald | 2001 |
| 39:36,38 | Schimitzek, Sven | 2009 |

10 km

| | | |
|-------|------------------|------|
| 33:37 | Lünenborg, Jurek | 2024 |
| 36:51 | Leers, Michael | 2005 |

| | | |
|-------|----------------------|------|
| 38:44 | Strunk, Malte | 2005 |
| 39:51 | Vogt, Harald | 2003 |
| 41:35 | Schicke, Thomas | 2011 |
| 41:36 | Holtermann, Matthias | 2014 |
| 42:24 | Schimitzek, Sven | 2009 |
| 49:29 | Ständer, Daniel | 2007 |

Halbmarathon

| | | |
|---------|------------------|------|
| 1:15:16 | Lünenborg, Jurek | 2024 |
| 1:24:43 | Leers, Michael | 2004 |
| 1:26:03 | Schimitzek, Sven | 2009 |
| 1:27:19 | Strunk, Malte | 2009 |
| 1:30:03 | Vogt, Harald | 2003 |
| 1:38:52 | Korr, Thomas | 2008 |
| 1:45:38 | Bomble, Michael | 2005 |

Marathon

| | | |
|---------|------------------|------|
| 2:47:47 | Lünenborg, Jurek | 2024 |
|---------|------------------|------|

5000 m Gehen

| | | |
|----------|----------------------|------|
| 23:10,96 | Holtermann, Matthias | 2012 |
| 24:12,84 | Strunk, Malte | 2003 |
| 25:20,93 | Ruppert, Jan | 2009 |

5km Straßengehen

| | | |
|-------|----------------------|------|
| 23:53 | Holtermann, Matthias | 2014 |
|-------|----------------------|------|

10000 m Gehen

| | | |
|----------|----------------------|------|
| 48:26,71 | Holtermann, Matthias | 2012 |
| 49:28,4 | Strunk, Malte | 2004 |
| 52:58,1 | Ruppert, Jan | 2009 |

10 km Straßengehen

| | | |
|-------|----------------------|------|
| 48:43 | Strunk, Malte | 2005 |
| 49:22 | Holtermann, Matthias | 2012 |
| 52:01 | Ruppert, Jan | 2010 |

20 km Gehen

| | | |
|-----------|----------------------|------|
| 1:39,41,1 | Holtermann, Matthias | 2012 |
| 1:42:50 | Strunk, Malte | 2004 |
| 1:50:55 | Ruppert, Jan | 2005 |
| 2:28:176 | Melchior, Stefan | 2006 |

| | | |
|----------|---------------|------|
| 20:06,55 | Canu, Andreas | 2018 |
|----------|---------------|------|

10000m

| | | |
|----------|---------------|------|
| 43:09,08 | Canu, Andreas | 2018 |
|----------|---------------|------|

10 km

| | | |
|-------|-------------------|------|
| 36:31 | Nellessen, Markus | 2005 |
| 36:46 | Leers, Michael | 2007 |
| 38:54 | Strunk, Malte | 2009 |
| 40:41 | Wynands, Wolfgang | 2000 |
| 41:14 | Krüger, Udo | 2007 |
| 42:15 | Korr, Thomas | 2008 |
| 42:37 | Canu, Andreas | 2017 |
| 43:46 | Vogt, Harald | 2007 |
| 44:58 | Bröcheler, Anno | 2012 |
| 45:28 | Werner, Frank | 2009 |

Halbmarathon

| | | |
|---------|-----------------|------|
| 1:24:15 | Leers, Michael | 2007 |
| 1:27:19 | Strunk, Malte | 2009 |
| 1:37:44 | Stein, Edgar | 2002 |
| 1:38:33 | Korr, Thomas | 2007 |
| 1:40:11 | Soiron, Andreas | 2002 |

5000m Bahngehen

| | | |
|----------|----------------------|------|
| 23:02,89 | Strunk, Malte | 2012 |
| 24:25,30 | Holtermann, Matthias | 2019 |

5 km Straßengehen

| | | |
|-------|---------------|------|
| 23:31 | Strunk, Malte | 2012 |
|-------|---------------|------|

10000m Bahngehen

| | | |
|----------|----------------------|------|
| 48:15,6 | Strunk, Malte | 2012 |
| 52:29,34 | Holtermann, Matthias | 2020 |

10km Straßengehen

| | | |
|-------|----------------------|------|
| 47:27 | Strunk, Malte | 2011 |
| 51:36 | Holtermann, Matthias | 2017 |

20km Gehen

| | | |
|-----------|-----------------|------|
| 1:39:33,5 | Strunk, Malte | 2012 |
| 1:44:30 | Vluggen, Gerold | 1987 |

| | | |
|-----------|----------------------|------|
| 1:45:34,1 | Holtermann, Matthias | 2020 |
| 2:03:31 | Melchior, Stefan | 2005 |

Männer – M40

100m

| | | |
|-------|--------------|------|
| 12,81 | Hauser, Jörg | 2012 |
|-------|--------------|------|

200m

| | | |
|-------|---------------|------|
| 27,61 | Gusewski, Jan | 2009 |
|-------|---------------|------|

400m

| | | |
|-------|---------------|------|
| 57,18 | Gusewski, Jan | 2009 |
|-------|---------------|------|

800m

| | | |
|---------|---------------|------|
| 2:16,52 | Gusewski, Jan | 2009 |
| 2:33,69 | Canu, Andreas | 2019 |

3000m

| | | |
|----------|-----------------|------|
| 10:48,73 | Schwick, Björn | 2008 |
| 11:06,82 | Engemann, André | 2012 |
| 11:43,80 | Bitich, Bouchta | 2009 |
| 12:03,58 | Neumann, Frank | 2011 |

5000m

| | | |
|----------|------------------|------|
| 18:17,43 | Berger, Sascha | 2021 |
| 18:46,15 | Isaac, Dirk | 2011 |
| 18:51,34 | Engemann, André | 2012 |
| 19:06,44 | Schwick, Björn | 2008 |
| 20:10,57 | Neumann, Frank | 2009 |
| 20:18,36 | Bitich, Bouchta | 2009 |
| 20:38,84 | Gusewski, Jan | 2009 |
| 20:38,99 | Weiß, Wolfgang | 2009 |
| 21:16,02 | Wilden, Wolfgang | 2009 |

10000m

| | | |
|----------|----------------|------|
| 40:23,48 | Schwank, Guido | 2009 |
| 41:24,75 | Schwick, Björn | 2009 |

10 km

| | | |
|-------|-------------------|------|
| 38:00 | Krüger, Udo | 2008 |
| 38:55 | Wynands, Wolfgang | 2007 |

| | | |
|-------|-----------------|------|
| 39:29 | Isaak, Dirk | 2010 |
| 39:59 | Engemann, André | 2012 |
| 40:18 | Leers, Michael | 2015 |
| 41:50 | Neumann, Frank | 2011 |
| 43:10 | Werner, Frank | 2011 |
| 50:47 | Nitschke, Dirk | 2012 |

Halbmarathon

| | | |
|---------|-------------------|------|
| 1:25:00 | Thelen, Bernhard | 2007 |
| 1:27:30 | Isaak, Dirk | 2010 |
| 1:28:59 | Wynands, Wolfgang | 2007 |
| 1:31:56 | Leers, Michael | 2013 |
| 2:03:09 | Nitschke, Dirk | 2012 |

5000m Gehen

| | | |
|----------|----------------------|------|
| 23:42,38 | Strunk, Malte | 2014 |
| 25:16,96 | Brämer, Ulrich | 2010 |
| 25:20,93 | Ruppert, Jan | 2009 |
| 25:36,63 | Holtermann, Matthias | 2024 |

5 km Straßengehen

| | | |
|-------|------------------------|------|
| 24:04 | Strunk, Malte | 2013 |
| 24:59 | Holtermann, Matthias | 2024 |
| 25:53 | Brämer, Ulrich | 2010 |
| 35:42 | Richter-Strunk, Trygve | 2021 |

10000m Gehen

| | | |
|----------|----------------------|------|
| 49:10,9 | Strunk, Malte | 2013 |
| 52:58,1 | Ruppert, Jan | 2009 |
| 53:14,0 | Holtermann, Matthias | 2021 |
| 56:20,76 | Brämer, Ulrich | 2010 |

10 km Straßengehen

| | | |
|-------|------------------------|------|
| 48:37 | Strunk, Malte | 2013 |
| 53:47 | Ruppert, Jan | 2009 |
| 54:02 | Holtermann, Matthias | 2024 |
| 58:14 | Brämer, Ulrich | 2010 |
| 72:33 | Richter-Strunk, Trygve | 2021 |

20 km Gehen

| | | |
|---------|----------------------|------|
| 1:41:44 | Strunk, Malte | 2013 |
| 1:49:27 | Holtermann, Matthias | 2024 |
| 1:50:55 | Ruppert, Jan | 2005 |
| 1:51:51 | Dorscheid, Dietmar | 1986 |
| 2:03:19 | Brämer, Ulrich | 2010 |

Kugelstoßen (7,26 kg)

8,94 Weidemann, Thorsten 2009

Männer – M45

100m

12,83 Frackmann, Michael 2012

200m

25,28 Gusewski, Jan 2011

26,77 Frackmann, Michael 2012

400m

54,91 Gusewski, Jan 2011

800m

2:05,37 Gusewski, Jan 2011

2:16,68 Genick-Giammarino, Raoul 2009

1500m

4:40,88 Genick-Giammarino, Raoul 2009

3000m

9:59,78 Genick-Giammarino, Raoul 2009

11:20,47 Gusewski, Jan 2010

11:21,25 Kizza, Christof 2006

12:49,65 Lintzen, Albert 2009

5000m

17:38,18 Genick, Giammarino, Raoul 2009

18:20,90 Schwarz, Hans-Jürgen 2009

18:34,03 Thelen, Bernhard 2007

19:12,17 Kogel, Günter 2009

19:56,49 Kizza, Christof 2006

19:58,50 Wynands, Wolfgang 2010

20:00,25 Soiron, Andreas 2011

20:16,89 Weiß, Bernd 2011

22:46,99 Wilden, Wolfgang 2010

22:53,82 Lintzen, Albert 2009

10000m

| | | |
|----------|--------------------------|------|
| 37:14,60 | Genick-Giammarino, Raoul | 2009 |
| 37:19,44 | Schwarz, Hans-Jürgen | 2009 |
| 42:14,02 | Kisza, Christof | 2006 |
| 47:03,82 | Lintzen, Albert | 2009 |

10 km Straße

| | | |
|-------|--------------------------|------|
| 36:09 | Genick-Giammarino, Raoul | 2010 |
| 36:45 | Thelen, Bernhard | 2007 |
| 38:24 | Fryns, Henry | 2024 |
| 38:27 | Schwartz, Hans-Jürgen | 2010 |
| 39:36 | Rohe, Karl-Heinz | 2011 |
| 39:54 | Wynands, Wolfgang | 2010 |
| 40:49 | Nellessen, Marcus | 2012 |
| 41:42 | Kisza, Christof | 2007 |
| 42:36 | Neumann, Frank | 2009 |
| 46:04 | Vogt, Harald | 2017 |

Halbmarathon

| | | |
|---------|--------------------------|------|
| 1:21:33 | Genick-Giammarino, Raoul | 2009 |
| 1:22:45 | Schwarz, Hans-Jürgen | 2009 |
| 1:24:20 | Thelen, Bernhard | 2007 |
| 1:26:32 | Rohe, Karl-Heinz | 2012 |
| 1:30:39 | Wynands, Wolfgang | 2010 |
| 1:35:57 | Kisza, Christof | 2006 |
| 1:37:36 | Weiß, Bernd | 2011 |
| 1:40:31 | Soiron, Andreas | 2011 |
| 1:40:49 | Schmitz, Thomas | 2011 |

Marathon

| | | |
|---------|----------------------|------|
| 2:58:40 | Schwarz, Hans-Jürgen | 2009 |
|---------|----------------------|------|

5000m Gehen

| | | |
|----------|---------------|------|
| 24:21,90 | Strunk, Malte | 2019 |
| 32:49,45 | Faesel, Uwe | 2013 |
| 37:17,82 | Strunk, Tygve | 2024 |

5 km Straßengehen

| | | |
|-------|---------------|------|
| 26:45 | Strunk, Malte | 2019 |
| 33:12 | Faesel, Uwe | 2014 |
| 33:49 | Haas, Uwe | 2014 |

10000m Gehen

| | | |
|---------|--------------------|------|
| 50:27,0 | Strunk, Malte | 2018 |
| 65:20,4 | Neubacher, Herbert | 2002 |

10 km Gehen

| | | |
|---------|---------------|------|
| 50:54 | Strunk, Malte | 2020 |
| 52:01 | Ruppert, Jan | 2010 |
| 1:06:37 | Faesel, Uwe | 2014 |
| 1:11:02 | Haas, Uwe | 2014 |

20 km Gehen

| | | |
|---------|--------------------|------|
| 1:45:40 | Strunk, Malte | 2020 |
| 1:56:21 | Sonnenberg, Günter | 1994 |
| 2:12:26 | Neubacher, Herbert | 2002 |
| 2:16:14 | Faesel, Uwe | 2014 |

Kugelstoßen (7,26 kg)

| | | |
|------|--------------|------|
| 9,74 | Beckers, Det | 2012 |
|------|--------------|------|

Gewichtswurf (15,88 kg)

| | | |
|-------|--------------|------|
| 10,02 | Beckers, Det | 2012 |
|-------|--------------|------|

Diskuswurf (2 kg)

| | | |
|-------|--------------|------|
| 28,24 | Beckers, Det | 2012 |
|-------|--------------|------|

Hammerwurf (7,26 kg)

| | | |
|-------|--------------|------|
| 33,40 | Beckers, Det | 2012 |
|-------|--------------|------|

10 km Straßengehen

| | | |
|-------|--------------|------|
| 52:01 | Ruppert, Jan | 2010 |
|-------|--------------|------|

Männer – M50

100m

| | | |
|-------|-----------------|------|
| 14,17 | Kisza, Christof | 2007 |
|-------|-----------------|------|

400m

| | | |
|-------|-----------------|------|
| 68,68 | Kisza, Christof | 2007 |
|-------|-----------------|------|

| | | |
|-------------------------|-----------------|------|
| 800m | | |
| 2:38,77 | Kisza, Christof | 2009 |
| 3000m | | |
| 11:22,80 | Kisza, Christof | 2007 |
| 14:02,78 | Hanf, Norbert | 2007 |
| 5000m | | |
| 19:56,11 | Kisza, Christof | 2007 |
| 24:26,64 | Hanf, Norbert | 2007 |
| 10000m | | |
| 44:04,47 | Kisza, Christof | 2009 |
| 10 km Straße | | |
| 43:45 | Kisza, Christof | 2009 |
| 44:15 | Kogel, Günter | 2014 |
| Halbmarathon | | |
| 1:34:43 | Kisza, Christof | 2007 |
| 1:45:00 | Kogel, Günter | 2014 |
| Marathon | | |
| 2:58:47 | Väisänen, Mika | 2018 |
| 100km | | |
| 12:44:30 | Balliel, Jürgen | 1982 |
| 5000m Gehen | | |
| 23:23,48 | Gaus, Peter | 2003 |
| 24:02,19 | Strunk, Malte | 2024 |
| 28:42,97 | Münster, Udo | 2014 |
| 5km Straßengehen | | |
| 26:04 | Strunk, Malte | 2024 |
| 29:36 | Münster, Udo | 2014 |
| 10000m Gehen | | |
| 48:47,0 | Gaus, Peter | 2003 |
| 50:08,8 | Strunk, Malte | 2024 |

| | | |
|----------|--------------------|------|
| 59:20,90 | Münster, Udo | 2014 |
| 63:25,9 | Neubacher, Herbert | 2005 |
| 66:28,7 | Münster, Udo | 2012 |

10 km Straßengehen

| | | |
|-------|---------------|------|
| 47:21 | Gaus, Peter | 2004 |
| 50;25 | Strunk, Malte | 2024 |
| 59:31 | Münster, Udo | 2014 |

20 km Straßengehen

| | | |
|---------|--------------------|------|
| 1:45,26 | Strunk, Malte | 2024 |
| 1:46:24 | Gaus, Peter | 2006 |
| 2:08:26 | Neubacher, Herbert | 2003 |
| 2:06:30 | Münster, Udo | 2013 |

Stabhochsprung

| | | |
|------|------------------|------|
| 3,20 | Rummler, Dietmar | 2006 |
|------|------------------|------|

Diskuswurf (1,5 kg)

| | | |
|-------|----------------|------|
| 30,19 | Neurohr, Ernst | 2000 |
|-------|----------------|------|

Hammerwurf

| | | |
|-------|----------------|------|
| 19,61 | Neurohr, Ernst | 2000 |
|-------|----------------|------|

Männer – M55

100m

| | | |
|-------|--------------------|------|
| 16,70 | Hanf, Norbert | 2012 |
| 17,21 | Bündgens, Valentin | 2005 |

400m

| | | |
|-------|--------------------|------|
| 75,52 | Bündgens, Valentin | 2005 |
| 75,67 | Hanf, Norbert | 2011 |

800m

| | | |
|---------|--------------------|------|
| 2:16,32 | Stüber, Gerald | 2009 |
| 2:54,85 | Hanf, Norbert | 2009 |
| 2:55,84 | Bündgens, Valentin | 2004 |

1000m

| | | |
|--------|--------------------|------|
| 3:58,5 | Bündgens, Valentin | 2005 |
|--------|--------------------|------|

1500m

| | | |
|---------|--------------------|------|
| 4:41,57 | Stüber, Gerald | 2009 |
| 6:07,19 | Bündgens, Valentin | 2004 |
| 6:27,76 | Hanf, Norbert | 2011 |

3000m

| | | |
|----------|---------------------|------|
| 10:09,74 | Stüber, Gerald | 2009 |
| 12:44,89 | Haupts, Hans-Werner | 2009 |
| 13:19,01 | Bündgens, Valentin | 2006 |
| 13:20,48 | Hanf, Norbert | 2011 |

5000m

| | | |
|----------|---------------------|------|
| 18:00,00 | Stüber, Gerald | 2009 |
| 21:57,92 | Hanf, Norbert | 2009 |
| 21:58,43 | Haupts, Hans-Werner | 2009 |
| 23:08,80 | Bündgens, Valentin | 2004 |

10000m

| | | |
|----------|--------------------|------|
| 37:35,65 | Stüber, Gerald | 2009 |
| 47:59,62 | Hanf, Norbert | 2009 |
| 51:52,7 | Bündgens, Valentin | 2005 |

10 km Straße

| | | |
|-------|--------------------|------|
| 36:42 | Stüber, Gerald | 2009 |
| 37:05 | Gösgens, Stefan | 2024 |
| 39:11 | Väisänen, Mika | 2019 |
| 43:24 | Barth, Bruno | 2008 |
| 48:34 | Hanf, Norbert | 2009 |
| 51:24 | Bündgens, Valentin | 2005 |
| 52:10 | Königs, Dieter | 2017 |
| 52:30 | Radermacher, Josef | 2007 |
| 53:16 | Bodden, Thomas | 2010 |
| 54:37 | Dembowski, Walther | 2010 |

Halbmarathon

| | | |
|---------|--------------------|------|
| 1:20:08 | Gösgens, Stefan | 2024 |
| 1:22:22 | Stüber, Gerald | 2010 |
| 1:28:39 | Väisänen, Mika | 2019 |
| 1:39:00 | Barth, Bruno | 2008 |
| 1:54,02 | Hanf, Norbert | 2011 |
| 1:59:20 | Bündgens, Valentin | 2005 |
| 2:25:15 | Schwellnat, Georg | 2007 |

Marathon

| | | |
|---------|-----------------|------|
| 2:47:04 | Gösgens, Stefan | 2023 |
| 2;58:56 | Väisänen, Mika | 2019 |
| 3:58:12 | Barth, Bruno | 2010 |

100km

| | | |
|----------|-----------------|------|
| 12:36:32 | Balliel, Jürgen | 1990 |
|----------|-----------------|------|

5000m Gehen

| | | |
|----------|----------------|------|
| 25:32,12 | Gaus, Peter | 2007 |
| 31:56,6 | Slevogt, Peter | 2011 |

5 km Straßengehen

| | | |
|-------|--------------------|------|
| 32:51 | Slevogt, Peter | 2013 |
| 35:42 | Neubacher, Herbert | 2012 |

10000m Gehen

| | | |
|---------|------------------|------|
| 56:07,6 | Schumm, Peter | 2001 |
| 64:11,8 | Maichin, Richard | 2001 |
| 67:48,7 | Slevogt, Peter | 2012 |

10 km Straßengehen

| | | |
|-------|--------------------|------|
| 49:49 | Gaus, Peter | 2007 |
| 63:48 | Slevogt, Peter | 2013 |
| 72:52 | Neubacher, Herbert | 2012 |

20 km Straßengehen

| | | |
|---------|--------------------|------|
| 1:48:24 | Gaus, Peter | 2007 |
| 2:14:59 | Neubacher, Herbert | 2011 |
| 2:15:05 | Slevogt, Peter | 2013 |

Kugelstoßen (6,25 kg)

| | | |
|------|----------------|------|
| 9,75 | Neurohr, Ernst | 2002 |
|------|----------------|------|

Diskuswerfen (1,5 kg)

| | | |
|-------|----------------|------|
| 27,19 | Neurohr, Ernst | 2002 |
|-------|----------------|------|

Männer – M60

100m

| | | |
|---------------|--------------------|------|
| 16,32 | Hanf, Norbert | 2013 |
| 200m | | |
| 34,01 | Hanf, Norbert | 2014 |
| 400m | | |
| 77,35 | Bates, Christopher | 2009 |
| 77,75 | Hanf, Norbert | 2014 |
| 79,33 | Bauer, Joachim | 2012 |
| 81,98 | Bündgens, Valentin | 2008 |
| 800m | | |
| 2:45,11 | Hanf, Norbert | 2013 |
| 3:00,50 | Bündgens, Valentin | 2007 |
| 3:03,82 | Bates, Christopher | 2008 |
| 1000m | | |
| 4:02,33 | Bündgens, Valentin | 2008 |
| 4:16,70 | Bauer, Joachim | 2012 |
| 1500m | | |
| 6:23,06 | Bündgens, Valentin | 2007 |
| 6:27,53 | Hanf, Norbert | 2013 |
| 3000m | | |
| 13:15,14 | Bündgens, Valentin | 2007 |
| 13:38,14 | Hanf, Norbert | 2013 |
| 5000m | | |
| 23:33,63 | Hanf, Norbert | 2013 |
| 24:01,50 | Bündgens, Valentin | 2007 |
| 10000m | | |
| 48:23:18 | Hanf, Norbert | 2013 |
| 53:46,00 | Bündgens, Valentin | 2010 |
| 10 km | | |
| 40:53 | Väisänen, Mika | 2024 |
| 45:32 | Burmester, Jürgen | 2007 |
| 46:13 | Schumm, Peter | 2003 |
| 47:20 | Barth, Bruno | 2012 |

| | | |
|-------|--------------------|------|
| 50:03 | Bündgens, Valentin | 2007 |
| 50:37 | Hanf, Norbert | 2013 |

Halbmarathon

| | | |
|---------|--------------------|------|
| 1:43:33 | Barth, Bruno | 2011 |
| 1:50:56 | Burmester, Jürgen | 2008 |
| 1:52:15 | Hanf, Norbert | 2013 |
| 1:57:42 | Radermacher, Josef | 2007 |
| 2:04:18 | Bündgens, Valentin | 2011 |

Marathon

| | | |
|---------|----------------|------|
| 3:07:38 | Väisänen, Mika | 2024 |
|---------|----------------|------|

100km

| | | | |
|----------|-----------------|---|------|
| 12:20:32 | Balliel, Jürgen | ^ | 1991 |
|----------|-----------------|---|------|

24h

| | | |
|------------|-----------------|------|
| 162,215 km | Balliel, Jürgen | 1991 |
|------------|-----------------|------|

5000m Gehen

| | | |
|----------|--------------------|------|
| 25:12,97 | Gaus, Peter | 2012 |
| 26:43,90 | Schumm, Peter | 2004 |
| 31:49,33 | Bauer, Joachim | 2012 |
| 32:2,57 | Slevogt, Peter | 2014 |
| 34:00,35 | Maichin, Richard | 2010 |
| 37:39,07 | Neubacher, Herbert | 2013 |

5 km Straßengehen

| | | |
|-------|------------------|------|
| 27:19 | Gaus, Peter | 2012 |
| 30:47 | Bauer, Joachim | 2012 |
| 32:08 | Maichin, Richard | 2010 |
| 32:40 | Slevogt, Peter | 2014 |

10000m Gehen

| | | |
|----------|----------------|------|
| 54:57,7 | Schumm, Peter | 2004 |
| 57:02,59 | Gaus, Peter | 2014 |
| 64:46,56 | Bauer, Joachim | 2012 |
| 67:23,1 | Slevogt, Peter | 2015 |

10 km Straßengehen

| | | |
|-------|---------------|------|
| 53:34 | Gaus, Peter | 2012 |
| 54:57 | Schumm, Peter | 2004 |

| | | |
|-------|------------------|------|
| 63:48 | Bauer, Joachim | 2012 |
| 63:50 | Maichin, Richard | 2010 |
| 64:41 | Slevogt, Peter | 2014 |

20 km Straßengehen

| | | |
|---------|----------------|------|
| 1:48:33 | Gaus, Peter | 2012 |
| 1:56:15 | Schumm, Peter | 2004 |
| 2:16:48 | Slevogt, Peter | 2014 |

Männer – M65

400m

| | | |
|-------|--------------------|------|
| 79,20 | Bates, Christopher | 2011 |
| 97,10 | Bündgens, Valentin | 2012 |

800m

| | | |
|---------|--------------------|------|
| 3:26,59 | Bündgend, Valentin | 2012 |
|---------|--------------------|------|

1000m

| | | |
|--------|--------------------|------|
| 4:33,6 | Bündgend, Valentin | 2012 |
|--------|--------------------|------|

1500m

| | | |
|---------|--------------------|------|
| 7:27,14 | Bündgens, Valentin | 2013 |
|---------|--------------------|------|

3000m

| | | |
|----------|--------------------|------|
| 13:09,04 | Biesing, Georg | 2009 |
| 15:14,9 | Bündgens, Valentin | 2012 |

5000m

| | | |
|----------|--------------------|------|
| 22:44,92 | Biesing, Georg | 2009 |
| 24:45,26 | Bündgens, Valentin | 2012 |

10000m

| | | |
|----------|----------------|------|
| 46:58,85 | Biesing, Georg | 2009 |
|----------|----------------|------|

10 km

| | | |
|-------|--------------------|------|
| 47:39 | Biesing, Georg | 2009 |
| 51:29 | Bündgens, Valentin | 2012 |
| 51:40 | Burmester, Jürgen | 2010 |

| | | |
|-------|--------------------|------|
| 67:03 | Bündgens, Valentin | 2015 |
| 70:45 | Wirth, Friedel | 2008 |

Halbmarathon

| | | |
|---------|--------------------|------|
| 2:28:02 | Bündgens, Valentin | 2014 |
|---------|--------------------|------|

5000m Gehen

| | | |
|----------|------------------|------|
| 27:43,44 | Gaus, Peter | 2017 |
| 28:17,68 | Schumm, Peter | 2007 |
| 31:07,13 | Maichin, Richard | 2012 |
| 35:14,27 | Slevogt, Peter | 2019 |

5 km Straßengehen

| | | |
|-------|------------------|------|
| 27:40 | Schumm, Peter | 2011 |
| 30:44 | Maichin, Richard | 2012 |
| 34:40 | Slevogt, Peter | 2019 |

10000m Gehen

| | | |
|----------|------------------|------|
| 56:58,27 | Schumm, Peter | 2007 |
| 58:14,22 | Gaus, Peter | 2017 |
| 70:21,11 | Maichin, Richard | 2013 |

10 km Straßengehen

| | | |
|-------|------------------|------|
| 56:35 | Schumm, Peter | 2007 |
| 57:30 | Gaus, Peter | 2017 |
| 61:19 | Maichin, Richard | 2011 |
| 69:35 | Slevogt, Peter | 2019 |

20 km Straßengehen

| | | |
|---------|---------------|------|
| 2:00:41 | Schumm, Peter | 2011 |
|---------|---------------|------|

30 km Straßengehen

| | | |
|---------|---------------|------|
| 3:09:44 | Schumm, Peter | 2010 |
|---------|---------------|------|

Männer – M70

400m

| | | |
|-------|--------------------|------|
| 79,76 | Bates, Christopher | 2015 |
|-------|--------------------|------|

3000m

| | | |
|----------|--------------------|------|
| 12:57,64 | Biesing, Georg | 2010 |
| 18:34,17 | Bündgens, Valentin | 2017 |

5000m

| | | |
|----------|--------------------|------|
| 22:40,40 | Biesing, Georg | 2010 |
| 31:05,98 | Bündgens, Valentin | 2017 |

10000m

| | | |
|----------|----------------|------|
| 49:05,14 | Biesing, Georg | 2010 |
|----------|----------------|------|

10 km

| | | |
|-------|----------------|------|
| 47:51 | Biesing, Georg | 2010 |
|-------|----------------|------|

5000m Gehen

| | | |
|----------|------------------|------|
| 29:08,91 | Schumm, Peter | 2012 |
| 31:25,28 | Maichin, Richard | 2017 |
| 35:18,89 | Slevogt, Peter | 2024 |

5 km Straßengehen

| | | |
|-------|------------------|------|
| 29:20 | Schumm, Peter | 2014 |
| 30:50 | Maichin, Richard | 2018 |

10000m Gehen

| | | |
|---------|------------------|------|
| 59:46,9 | Schumm, Peter | 2012 |
| 64:31,5 | Maichin, Richard | 2018 |

10 km Straßengehen

| | | |
|----------|------------------|------|
| 01:00:08 | Schumm, Peter | 2013 |
| 01:03:10 | Maichin, Richard | 2017 |

20 km Straßengehen

| | | |
|---------|------------------|------|
| 2:04:13 | Schumm, Peter | 2014 |
| 2:13,29 | Maichin, Richard | 2017 |

30 km Gehen

| | | |
|---------|------------------|------|
| 3:37,05 | Maichin, Richard | 2018 |
|---------|------------------|------|

Diskuswurf (1 kg)

| | | |
|-------|----------------|------|
| 15,61 | Hamacher, Karl | 2006 |
|-------|----------------|------|

Kugelstoßen

5,67

Hamacher, Karl

2005

Männer – M75

5000m BG

30:41,03

Schumm, Peter

2017

45:35,8

Maichin, Richard

2024

5 km SG

31:40

Schumm, Peter

2017

37:09

Maichin, Richard

2023

10000 m BG

1:03:19.06

Schumm, Peter

2017

10 km SG

1:03:22

Schumm, Peter

2017

1:12,19

Maichin, Richard

2021

20 km SG

2:10:55

Schumm, Peter

2017

30 km SG

3:32:10

Schumm, Peter

2018

Männer – M80

5 km BG

34:46,60

Schumm, Peter

2022

5 km SG

34:47

Schumm, Peter

2022

10 km SG
1:09:13

Schumm, Peter

2022