

„Ewige“ Bestenliste – W12

75m

10,39	Kleine, Sofi	2015
10,39	Riedel, Olivia	2016
10,40	Reul, Inga	2010
10,86	Benjdila, Nisrine	2012
11,07	Hoffmann, Mette	2020
11,15	Besting, Lisa	2009
11,18	Eymael, Nicola	2009
11,22	Benedicte, Futi	2015
11,27	Nellessen, Magdalena	2009
11,34	Leisten, Maike	2001
11,34	Schmidt, Inga	2020
11,34	Baum, Paulina	2024

800m

2:36,43	Reul, Inga	2010
2:38,92	Frings, Priyanka	2024
2:41,77	Leisten, Maike	2001
2:45,71	Rütten, Katharina	2012
2:50,6	Reuland, Alicia	2012
2:52,80	Müller, Mia	2019
2:51,88	Besting, Lisa	2009
2:52,94	Riedel, Olivia	2016
2:56,65	Ebert, Antonia	2012
2:57,67	Benedicte, Futi	2015

2000m

7:34,23	Frings, Priyanka	2024
8:12,51	Besting, Lisa	2009
8:19,87	Reul, Inga	2010
8:22,91	Reuland, Alicia	2012
8:23,52	Rütten, Katharina	2012
8:29,76	Ebert, Antonia	2012
9:20,62	Sacher, Filipa	2013
10:03,68	Benjdila, Nisrine	2012

60m Hürden

11,47	Reul, Inga	2010
10,58	Kleine, Sofi	2015
11,59	Riedel, Olivia	2016
11,70	Benjdila, Nisrine	2012
11,76	Benedicte, Futi	2015
11,90	Simanek, Susann	2015
12,41	Rütten, Katharina	2012
12,70	Reuland, Alicia	2012
12,73	Frings, Priyanka	2024

12,84	Hansen, Jule	2015
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Hochsprung

1,32	Sacher, Filipa	2013
1,29	Reul, Inga	2010
1,28	Leisten, Maike	2001
1,27	Njegovan, Jana	2013
1,27	Jacobi, Julia	2013
1,25	Benjdila, Nisrine	2012
1,22	Benedicte, Futi	2015
1,22	Kleine, Sofi	2015
1,21	Koch, Anna-Lena	2010
1,21	Keller, Lilli	2016

Weitsprung (Zone)

4,76	Reul, Inga	2010
4,67	Riedel, Olivia	2016
4,44	Kleine, Sofi	2015
4,41	Benedicte, Futi	2015
4,31	Nellessen, Magdalena	2009
4,31	Benjdila, Nisrine	2012
4,30	Eymael, Nicola	2009
4,18	Besting, Lisa	2009
4,08	Koch, Anna-Lena	2010
4,08	Keller, Lilli	2016

Kugelstoßen (3 kg)

7,12	Krauhausen, Maya	2010
6,71	Leutner, Jule	2010
6,39	Middelberg, Caroline	2008
6,23	Flügge, Linn	2020
6,06	Hoffmann, Mette	2020
5,89	Schmidt, Inga	2020
5,85	Kleine, Sofi	2015
5,39	Judzinska, Roksana	2016
5,07	Gorggreve, Beatrice	2010
4,90	Sacher, Filipa	2013

Diskuswerfen (750 g)

14,53	Flügge, Linn	2020
13,47	Hoffmann, Mette	2020
10,55	Borggreve, Beatrice	2010

Speerwerfen (400 g)

22,77	Benedicte, Futi	2015
19,31	Baum, Paulina	2024

16,69	Judzinska, Roksana	2016
15,11	Stoschek, Karoline	2009
14,70	Altintas, Zümra	2019
14,62	Simanek, Susann	2015
14,05	Benjdila, Nisrine	2012
13,72	Besting, Lisa	2009
12,69	Nellessen, Magdalena	2009
12,35	Kleine, Sofi	2015

Ballwurf (80 g)

39,5	Benedicte, Futi	2015
38,0	Altintas, Zümra	2019
37,0	Stoschek, Karoline	2009
33,0	Reul, Inga	2010
31,5	Leutner, Jule	2010
31,5	Besting, Lisa	2009
31,5	Simanek, Susann	2015
30,5	Frings, Priyanka	2024
29,5	Benjdila, Nisrine	2012
27,5	Middelberg, Caroline	2008
27,5	Baum, Paulina	2024

Dreikampf

1369 P. 10,87 – 4,60 – 33,0	Reul, Inga	2010
1352 P. 11,53 – 4,60 – 39,5	Benedicte, Futi	2015
1308 P. 11,1 – 4,71 – 30,0	Reul, Inga	2009
1269 P. 10,86 – 4,06 – 29,5	Benjdila, Nisrine	2012
1221 P. 10,51 – 4,10 – 20,5	Kleine, Sofi	2015
1213 P. 11,76 – 4,06 – 31,5	Besting, Lisa	2009
1200 P. 11,38 – 4,18 – 26,0	Nellessen, Magdalena	2009
1176 P. 11,3 – 4,27 – 24,5	Eymael, Nicola	2009
1141 P. 11,88 – 3,94 – 27,0	Krauhausen, Maya	2010

1126 P. 11,6 – 3,88 – 25,0	Middeldberg, Caroline	2008
1119 P. 11,65 – 4,08 – 22,0	Koch, Anna-Lena	2010

Vierkampf

1744 P. 10,87 – 4,60 – 1,29 – 33,0	Reul, Inga	2010
1676 P. 11,1 – 4,71 – 1,28 – 30,0	Reul, Inga	2009
1622 P. 11,22 – 4,05 – 1,22 – 36,5	Benedicte, Futi	2015
1611 P. 10,86 – 4,06 – 1,24 – 29,5	Benjdila, Nisrine	2012
1550 P. 10,51 – 4,10 – 1,22 – 20,5	Kleine, Sofi	2015
1455 P. 11,5 – 3,98 – 1,28 – 21,0	Leisten, Maike	2001
1428 P. 12,08 – 3,76 – 1,32 – 20,0	Sacher, Filipa	2013
1416 P. 11,45 – 4,05 – 1,21 – 19,0	Koch, Anna-Lena	2010
1409 P. 11,3 – 4,24 – 1,08 – 24,5	Eymael, Nicola	2009
1374 P. 11,88 – 3,94 – 1,08 – 27,0	Krauhausen, Maya	2010
1248 P. 12,54 – 3,20 – 18,0 – 1,24	Njegovan, Jana	2013

Block Basis

1899 P. 11,16/12,11/3,94/27,0/10:03,68	Benjdila, Nisrine	2012
1774 P. 12,18/13,24/3,68/20,0/08:22,91	Reuland, Alicia	2012
1698 P. 11,84/13,85/3,42/16,5/08:23,52	Rütten, Katharina	2012

1666 P. Sacher, Filipa 2013
13,16 – 17,0 – 11,88 – 3,48 – 9:20,62

1506 P. Ebert, Antonia 2012
12,64/14,16/3,47/13,5/09:29,76

Block Sprint/ Sprung (75-60mH-Weit-Hoch-Speer)

2076 P. Kleine, Sofi 2015
10,88 – 11,13 – 4,31 – 1,34 – 10,58

1949 P. Riedel, Olivia 2016
11,49 – 12,70 – 4,32 – 1,14 – 10,67

1896 P. Benedicte, Futi 2015
11,61 – 11,76 – 4,32 – 1,08 – 18,13

1756 P. Simanek, Susann 2015
12,14 – 11,96 – 3,65 – 1,16 – 13,53

1722 P. Kleine, Linda 2018
11,55 - 11,88 - 4,20 - 1,08 - 7,14

1715 P. Baum, Paulina 2024
11,34 (+0,1) - 13,24 (-0,6) – 3,25 – 1,08 - 19,31

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

2181 P. Reul, Inga 2010
11,02 – 11,47 – 4,36 – 29,5 - 2:45,98

2147 P. Benedicte, Futi 2015
11,53 – 12,18 – 4,60 – 39,5 – 2:57,67

2064 P. Riedel, Olivia 2016
10,45 - 11,59 - 4,36 - 16,50 - 2:52,94

1848 P. Müller, Mia 2019
11,71 – 12,93 – 3,53 – 24,00 - 2:52,80

1933 P. Frings, Priyanka 2024
11,71 (+1,0) - 12,73 (+0,2) – 3,50 – 29,00 - 2:45,81

1778 P. Simanek, Susann 2015
12,21 – 13,10 – 3,60 – 31,0 – 3:19,15

1719 P. 12,58 – 13,62 – 3,54 – 26,5 – 3:06,76	Hansen, Jule	2015
1567 P. 13,21 - 14,69 - 3,46 - 20,00 – 3:02,98	Judzinska, Roksana	2016
1419 P. 13,26 - 14,17 - 3,06 - 16,00 - 3:23,27	Heidenreich, Pauline	2018
1378 P. 12,45-14,95-3,06-20,00-4:08,42	Jansen, Hanna	2019