

## LCR Bestenliste Top 10 - Frauen

Stand per 30.09.2017

### 100m

|     |       |                      |      |
|-----|-------|----------------------|------|
| 1.  | 11.96 | Girsberger Saskia 83 | 2001 |
| 2.  | 12.00 | Lüthi Kathrin 69     | 1992 |
| 3.  | 12.51 | Marti Christine 70   | 1986 |
| 4.  | 12.65 | Widmer Kim 95        | 2015 |
| 5.  | 12.76 | Buck Senta 80        | 1988 |
| 6.  | 12.92 | Schelling Suzanne 70 | 1993 |
| 7.  | 12.98 | Jörg Silvana 66      | 1991 |
| 8.  | 13.01 | Mischler Denise 71   | 1988 |
| 9.  | 13.03 | Hänggi Beatrice 70   | 1993 |
| 10. | 13.04 | Masiero Selina 96    | 2012 |

### 200m

|     |       |                      |      |
|-----|-------|----------------------|------|
| 1.  | 24.02 | Lüthi Kathrin 69     | 1992 |
| 2.  | 24.94 | Marti Christine 70   | 1989 |
| 3.  | 24.99 | Girsberger Saskia 83 | 2001 |
| 4.  | 25.67 | Gröbli Michelle 01   | 2017 |
| 5.  | 25.90 | Widmer Kim 95        | 2015 |
| 6.  | 26.46 | Schelling Suzanne 70 | 1993 |
| 7.  | 26.69 | Mischler Denise 71   | 1987 |
| 8.  | 26.74 | Hänggi Beatrice 70   | 1994 |
| 9.  | 26.93 | Jörg Silvana 66      | 1990 |
| 10. | 26.96 | Buck Senta 80        | 1996 |

### 300m

|     |       |                       |      |
|-----|-------|-----------------------|------|
| 1.  | 37.70 | Lüthi Kathrin 69      | 1993 |
| 2.  | 41.03 | Gröbli Michelle 01    | 2017 |
| 3.  | 41.28 | Hänggi Beatrice 70    | 1993 |
| 4.  | 41.95 | Jörg Silvana 66       | 1989 |
| 5.  | 42.32 | Buck Senta 80         | 1998 |
| 6.  | 42.50 | Durgauhee Delia 96    | 2015 |
| 7.  | 42.70 | Schelling Suzanne 70  | 1993 |
| 8.  | 43.12 | Bosshard Alexandra 94 | 2010 |
| 9.  | 44.09 | Wieland Michèle 97    | 2015 |
| 10. | 44.72 | Codoni Simone 84      | 2000 |



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### 400m

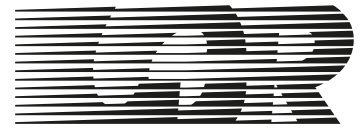
|     |       |                       |      |
|-----|-------|-----------------------|------|
| 1.  | 52.59 | Lüthi Kathrin 69      | 1993 |
| 2.  | 54.15 | Marti Christine 70    | 1989 |
| 3.  | 56.44 | Bosshard Alexandra 94 | 2017 |
| 4.  | 57.53 | Flück Joëlle 86       | 2011 |
| 4.  | 57.53 | Gröbli Michelle 01    | 2017 |
| 6.  | 58.46 | Hänggi Beatrice 70    | 1993 |
| 7.  | 59.31 | Schelling Suzanne 70  | 1993 |
| 8.  | 59.77 | Durgauhee Delia 96    | 2015 |
| 9.  | 59.85 | Buck Senta 80         | 1997 |
| 10. | 60.11 | Wieland Michèle 97    | 2017 |

### 600m

|     |         |                       |      |
|-----|---------|-----------------------|------|
| 1.  | 1:30.00 | Lüthi Kathrin 69      | 1993 |
| 2.  | 1:33.16 | Flück Joëlle 86       | 2011 |
| 3.  | 1:33.54 | Bosshard Alexandra 94 | 2014 |
| 4.  | 1:35.05 | Gröbli Michelle 01    | 2017 |
| 5.  | 1:35.29 | Wieland Michèle 97    | 2017 |
| 6.  | 1:37.06 | Hänggi Beatrice 70    | 1994 |
| 7.  | 1:37.30 | Pfister Nicole 65     | 1994 |
| 8.  | 1:38.73 | Hangartner Jasmin 91  | 2010 |
| 9.  | 1:40.08 | Rotzer Kerstin 85     | 2003 |
| 10. | 1:40.45 | Leistner Rebekka 95   | 2013 |

### 800m

|     |         |                         |      |
|-----|---------|-------------------------|------|
| 1.  | 2:05.18 | Lüthi Kathrin 69        | 1993 |
| 2.  | 2:06.57 | Bosshard Alexandra 94   | 2017 |
| 3.  | 2:06.76 | Flück Joëlle 86         | 2011 |
| 4.  | 2:13.12 | Wieland Michèle 97      | 2017 |
| 5.  | 2:13.27 | Meier-Hunger Arlette 75 | 2010 |
| 6.  | 2:15.41 | Leistner Rebekka 95     | 2013 |
| 7.  | 2:16.19 | Gröbli Michelle 01      | 2017 |
| 8.  | 2:16.41 | Pfister Nicole 65       | 1994 |
| 9.  | 2:16.44 | Marti Christine 70      | 1988 |
| 10. | 2:16.94 | Trutmann Stefanie 85    | 2010 |



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### 1000m

|     |         |                         |      |
|-----|---------|-------------------------|------|
| 1.  | 2:44.72 | Flück Joëlle 86         | 2013 |
| 2.  | 2:53.87 | Bosshard Alexandra 94   | 2015 |
| 3.  | 2:55.72 | Meier-Hunger Arlette 75 | 2010 |
| 4.  | 2:58.94 | Wieland Michèle 97      | 2017 |
| 5.  | 2:59.39 | Frei Melina 89          | 2008 |
| 6.  | 3:00.88 | Gröbli Michelle 01      | 2015 |
| 7.  | 3:01.54 | Hangartner Jasmin 91    | 2011 |
| 8.  | 3:01.65 | Leistner Rebekka 95     | 2013 |
| 9.  | 3:03.48 | Trutmann Stefanie 85    | 2000 |
| 10. | 3:04.42 | Pfister Nicole 65       | 1994 |

### 1500m

|     |         |                         |      |
|-----|---------|-------------------------|------|
| 1.  | 4:21.14 | Flück Joëlle 86         | 2013 |
| 2.  | 4:25.32 | Bosshard Alexandra 94   | 2017 |
| 3.  | 4:29.21 | Meier-Hunger Arlette 75 | 2010 |
| 4.  | 4:41.16 | Trutmann Stefanie 85    | 2011 |
| 5.  | 4:42.66 | Frei Melina 89          | 2008 |
| 6.  | 4:42.89 | Pfister Nicole 65       | 1994 |
| 7.  | 4:43.70 | Desax Alexandra 71      | 1995 |
| 8.  | 4:44.86 | Leistner Rebekka 95     | 2013 |
| 9.  | 4:45.35 | Wieland Michèle 97      | 2017 |
| 10. | 4:48.36 | Böllenrücher Melanie 87 | 2006 |

### 2000m Steeple

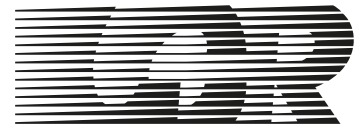
|    |         |                         |      |
|----|---------|-------------------------|------|
| 1. | 6:40.53 | Meier-Hunger Arlette 75 | 2010 |
| 2. | 7:18.98 | Trutmann Stefanie 85    | 2011 |
| 3. | 7:33.06 | Hangartner Jasmin 91    | 2011 |
| 4. | 7:36.18 | Frei Melina 89          | 2005 |

### 3000m

|     |          |                         |      |
|-----|----------|-------------------------|------|
| 1.  | 9:33.75  | Flück Joëlle 86         | 2013 |
| 2.  | 9:39.01  | Meier-Hunger Arlette 75 | 2010 |
| 3.  | 10:01.08 | Desax Alexandra 71      | 1995 |
| 4.  | 10:08.41 | Frei Melina 89          | 2010 |
| 5.  | 10:29.98 | Trutmann Stefanie 85    | 2011 |
| 6.  | 10:55.23 | Cejka Caroline 85       | 2007 |
| 7.  | 10:55.63 | Steiner Nicole 72       | 1994 |
| 8.  | 10:57.50 | Isler-Burri Claudia 66  | 1995 |
| 9.  | 11:07.16 | Glesti Maja 84          | 2000 |
| 10. | 11:09.12 | Bill Alexandra 94       | 2010 |

### 3000m Steeple

|    |          |                         |      |
|----|----------|-------------------------|------|
| 1. | 10:10.93 | Meier-Hunger Arlette 75 | 2010 |
| 2. | 11:55.55 | Hangartner Jasmin 91    | 2012 |



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### 5000m

|    |          |                               |      |
|----|----------|-------------------------------|------|
| 1. | 16:41.25 | Flück Joëlle 86               | 2015 |
| 2. | 17:19.62 | Desax Alexandra 71            | 1995 |
| 3. | 17:44.22 | Meier-Hunger Arlette 75       | 2015 |
| 4. | 17:51.00 | Rüedlinger-Friedrich Rahel 86 | 2016 |
| 5. | 18:05.70 | Frei Melina 89                | 2010 |
| 6. | 18:17.67 | Cejka Caroline 85             | 2007 |
| 7. | 18:27.06 | Hangartner Jasmin 91          | 2010 |
| 8. | 19:12.02 | Isler-Burri Claudia 66        | 1995 |
| 9. | 20:13.08 | Grieder Corinne 89            | 2010 |

### 10000m (Bahn)

|    |          |                    |      |
|----|----------|--------------------|------|
| 1. | 35:38.50 | Desax Alexandra 71 | 1995 |
| 2. | 37:46.16 | Frei Melina 89     | 2011 |

### 10000m (hors-stade)

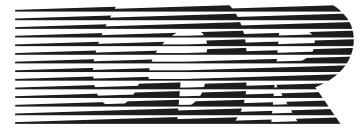
|    |         |                         |      |
|----|---------|-------------------------|------|
| 1. | 36:07.9 | Flück Joëlle 86         | 2015 |
| 2. | 38:02.1 | Frei Melina 89          | 2013 |
| 3. | 38:16.5 | Meier-Hunger Arlette 75 | 2012 |
| 4. | 40:04.2 | Böllenrücher Melanie 87 | 2013 |
| 5. | 40:09.3 | Rieder Ramona 97        | 2017 |
| 6. | 40:15.5 | Trutmann Stefanie 85    | 2015 |
| 7. | 40:58.0 | Polinelli Christina 69  | 2015 |
| 8. | 42:58.8 | Vetterli Annika 93      | 2015 |

### Halbmarathon

|     |         |                         |      |
|-----|---------|-------------------------|------|
| 1.  | 1:17.37 | Desax Alexandra 71      | 1996 |
| 2.  | 1:21.59 | Flück Joëlle 86         | 2016 |
| 3.  | 1:24.34 | Meier-Hunger Arlette 75 | 2014 |
| 4.  | 1:24.59 | Grieder Corinne 89      | 2013 |
| 5.  | 1:25.49 | Böllenrücher Melanie 87 | 2013 |
| 6.  | 1:30.24 | Isler-Burri Claudia 66  | 1995 |
| 7.  | 1:30.42 | Frei Melina 89          | 2005 |
| 8.  | 1:32.25 | Polinelli Christina 69  | 2016 |
| 9.  | 1:34.13 | Süsstrunk Marlies 64    | 2005 |
| 10. | 1:38.38 | Köppel Judith 87        | 2005 |

### Marathon

|    |         |                         |      |
|----|---------|-------------------------|------|
| 1. | 2:52.30 | Meier-Hunger Arlette 75 | 2017 |
| 2. | 3:01.19 | Frei Melina 89          | 2013 |
| 3. | 3:04.12 | Grieder Corinne 89      | 2014 |
| 4. | 3:12.06 | Trutmann Stefanie 85    | 2014 |
| 5. | 3:17.34 | Polinelli Christina 69  | 2016 |



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### 100m Hürden (84cm)

|     |       |                                      |      |
|-----|-------|--------------------------------------|------|
| 1.  | 14.16 | Girsberger Saskia 83                 | 2001 |
| 2.  | 14.70 | Lüthi Kathrin 69                     | 1994 |
| 3.  | 15.20 | Schelling Suzanne 70                 | 1994 |
| 4.  | 15.35 | Marti Christine 70                   | 1989 |
| 5.  | 15.66 | Widmer Kim 95                        | 2015 |
| 6.  | 15.81 | Reust Jessica 93 (keine Windmessung) | 2009 |
| 7.  | 16.50 | Steiger Isabelle 81                  | 1998 |
| 8.  | 16.69 | Meier Julia 88                       | 2006 |
| 9.  | 16.79 | Graham Roisin 90                     | 2006 |
| 10. | 16.88 | Hänggi Beatrice 70                   | 1994 |

### 400m Hürden

|    |       |                      |      |
|----|-------|----------------------|------|
| 1. | 57.34 | Lüthi Kathrin 69     | 1994 |
| 2. | 61.64 | Marti Christine 70   | 1989 |
| 3. | 63.85 | Schelling Suzanne 70 | 1993 |
| 4. | 66.21 | Hänggi Beatrice 70   | 1992 |
| 5. | 67.14 | Wanner Leana 98      | 2017 |
| 6. | 67.96 | Kappeler Iris 71     | 1988 |
| 7. | 69.96 | Lang Fiona 96        | 2015 |

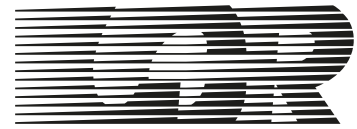
### Hoch

|     |      |                     |      |
|-----|------|---------------------|------|
| 1.  | 1.69 | Lüssi Bianca 94     | 2013 |
| 2.  | 1.68 | Kappeler Iris 71    | 1986 |
| 3.  | 1.63 | Steiger Isabelle 81 | 1997 |
| 4.  | 1.61 | Scherrer Nadia 79   | 1994 |
| 4.  | 1.61 | Schmid Julia 98     | 2012 |
| 6.  | 1.60 | Lüthi Kathrin 69    | 1989 |
| 6.  | 1.60 | Burgener Fränzi 68  | 1993 |
| 6.  | 1.60 | Widmer Kim 95       | 2015 |
| 6.  | 1.60 | Reichler Léonie 02  | 2017 |
| 10. | 1.57 | Böhlen Renata 77    | 1993 |

### Stab

### Weit

|     |      |                      |      |
|-----|------|----------------------|------|
| 1.  | 5.70 | Marti Christine 70   | 1986 |
| 2.  | 5.55 | Widmer Kim 95        | 2017 |
| 3.  | 5.42 | Girsberger Saskia 83 | 2001 |
| 4.  | 5.38 | Schelling Suzanne 70 | 1986 |
| 5.  | 5.25 | Böhlen Renata 77     | 1993 |
| 6.  | 5.22 | Reust Jessica 93     | 2015 |
| 7.  | 5.20 | Schmid Julia 98      | 2013 |
| 8.  | 5.20 | Mariani Sandra 87    | 2001 |
| 9.  | 5.17 | Lüthi Kathrin 69     | 1994 |
| 10. | 5.11 | Bickel Sarah 03      | 2017 |



## LCR Bestenliste Top 10 - Frauen

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### Drei

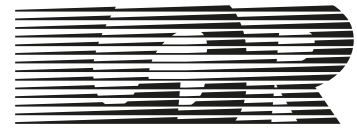
|     |       |                        |      |
|-----|-------|------------------------|------|
| 1.  | 11.56 | Reust Jessica 93       | 2009 |
| 2.  | 10.82 | Hertli Nadja 89        | 2011 |
| 3.  | 10.81 | Bickel Sarah 03        | 2017 |
| 4.  | 10.69 | Hägeli Annina 00       | 2017 |
| 5.  | 10.60 | Cattarossi Michelle 98 | 2014 |
| 6.  | 10.59 | Meier Julia 88         | 2006 |
| 7.  | 10.54 | Wanner Leana 98        | 2014 |
| 8.  | 10.40 | Mariani Sandra 87      | 2001 |
| 9.  | 10.09 | Graham Roisin 90       | 2005 |
| 10. | 9.99  | Girsberger Saskia 83   | 2000 |

### Kugel (4kg)

|     |       |                      |      |
|-----|-------|----------------------|------|
| 1.  | 11.71 | Widmer Kim 95        | 2015 |
| 2.  | 10.40 | Baumann Silvia 50    | 1996 |
| 3.  | 9.86  | Burgener Fränzi 68   | 1993 |
| 4.  | 9.69  | Schelling Suzanne 70 | 1986 |
| 5.  | 9.67  | Bongini Beatrice 68  | 1987 |
| 6.  | 9.52  | Hertli Nadja 89      | 2007 |
| 7.  | 9.43  | Aeschlimann Martina  | 2011 |
| 8.  | 9.30  | Uebelhard Beryl 74   | 1989 |
| 9.  | 9.26  | Reust Jessica 93     | 2012 |
| 10. | 9.21  | Lüthi Kathrin 69     | 1993 |

### Diskus (1kg)

|     |       |                        |      |
|-----|-------|------------------------|------|
| 1.  | 29.70 | Kistler Denise 76      | 1992 |
| 2.  | 29.22 | Lutz Corinna 86        | 2009 |
| 3.  | 28.09 | Hertli Nadja 89        | 2013 |
| 4.  | 26.86 | Uebelhard Beryl 74     | 1990 |
| 5.  | 26.74 | Meier Evelyne 72       | 1987 |
| 6.  | 25.95 | Cattarossi Michelle 98 | 2014 |
| 7.  | 24.31 | Aeschlimann Nicole 01  | 2017 |
| 8.  | 23.75 | Schmid Jasmin 83       | 2000 |
| 9.  | 23.37 | Weidmann Lara 99       | 2015 |
| 10. | 22.32 | Anders Christine 81    | 2002 |



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### Speer (600gr)

|     |       |                        |      |
|-----|-------|------------------------|------|
| 1.  | 35.56 | Aeschlimann Martina 92 | 2012 |
| 2.  | 34.82 | Meier Evelyne 72       | 1987 |
| 3.  | 34.26 | Schelling Suzanne 70   | 1988 |
| 4.  | 33.98 | Etter Claudia 71       | 1989 |
| 5.  | 33.47 | Porcu Romina 71        | 1988 |
| 6.  | 32.62 | Widmer Kim 95          | 2017 |
| 7.  | 32.36 | Anders Christine 81    | 1996 |
| 8.  | 32.25 | Vienny Angelika 79     | 1998 |
| 9.  | 32.14 | Egli Karin 76          | 1991 |
| 10. | 31.90 | Kistler Denise 76      | 1991 |

### Siebenkampf

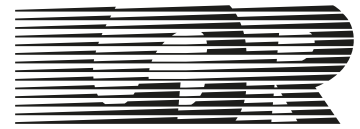
|    |      |                        |      |
|----|------|------------------------|------|
| 1. | 4666 | Girsberger Saskia 83   | 2000 |
| 2. | 4650 | Widmer Kim 95          | 2017 |
| 3. | 3662 | Reust Jessica 93       | 2012 |
| 4. | 3502 | Aeschlimann Martina 92 | 2014 |
| 5. | 3116 | Handschin Melanie 92   | 2014 |
| 6. | 3075 | Lüssi Bianca 94        | 2012 |
| 7. | 2995 | Aeschlimann Nicole 01  | 2017 |
| 8. | 2768 | Zinggeler Martina 96   | 2014 |

### 4x100m

|     |       |  |      |
|-----|-------|--|------|
| 1.  | 49.14 | Schelling S / Lüthi K / Hänggi B / Burgener F    | 1993 |
| 2.  | 49.60 | Schelling S / Lüthi K / Hänggi B / Jörg S        | 1993 |
| 3.  | 49.68 | Güller K / Lüthi K / Hänggi B / Marti Ch         | 1989 |
| 4.  | 49.70 | Schelling S / Lüthi K / Hänggi B / Jörg S        | 1994 |
| 5.  | 49.82 | Schelling S / Marti Ch / Kappeler I / Mischler D | 1988 |
| 6.  | 50.40 | Schelling S / Lüthi K / Hänggi B / Marti Ch      | 1992 |
| 7.  | 50.52 | Mariani S / Girsberger S / Hebel G / Daub A      | 2001 |
| 8.  | 50.56 | Schelling S / Lüthi K / Steiger I / Buck S       | 1997 |
| 9.  | 50.72 | Aeschlimann M / Reust J / Handschin M / Widmer K | 2015 |
| 10. | 50.86 | Schelling S / Lüthi K / Hänggi B / Jörg S        | 1995 |

### 4x400m

|    |         |   |      |
|----|---------|---|------|
| 1. | 3:51.30 | Hänggi B / Burgener F / Schelling S / Lüthi K | 1993 |
| 2. | 3:52.78 | Hänggi B / Schielly B / Schelling S / Lüthi K | 1994 |
| 3. | 3:54.43 | Marti Ch / Jörg S / Hänggi B / Lüthi K        | 1990 |
| 4. | 3:55.71 | Jörg S / Schelling S / Hänggi B / Lüthi K     | 1991 |



## LCR Bestenliste Top 10 - Frauen

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### 3x800m

|     |         |   |      |
|-----|---------|---|------|
| 1.  | 7:11.61 | Rotzer K / Trutmann St / Böllenrücher M | 2002 |
| 2.  | 7:18.50 | Trutmann St / Rotzer K / Böllenrücher M | 2003 |
| 3.  | 7:21.36 | Codoni S / Trutmann St / Glesti M       | 2000 |
| 4.  | 7:22.27 | Böllenrücher M / Frei M / Frei S        | 2007 |
| 5.  | 7:22.67 | Rotzer K / Trutmann St / Böllenrücher M | 2002 |
| 6.  | 7.23.38 | Rotzer K / Trutmann St / Böllenrücher M | 2001 |
| 7.  | 7:27.92 | Glesti M / Rotzer K / Trutmann St       | 2000 |
| 8.  | 7.35.32 | Rotzer K / Trutmann S / Böllenrücher M  | 2004 |
| 9.  | 7.46.16 | Stierli M / Bernhard / Boltshauser K    | 1990 |
| 10. | 8:08.48 | Rotzer K / Daub A / Trutmann St         | 2001 |

### 3x1000m

|     |         |   |      |
|-----|---------|---|------|
| 1.  | 8:45.44 | Trutmann S / Meier-Hunger A / Flück J (Schweizerrekord) | 2010 |
| 2.  | 8:45.48 | Wieland M / Flück J / Bosshard A                        | 2016 |
| 3.  | 8:45.66 | Frei M / Flück J / Meier-Hunger A (Schweizerrekord)     | 2008 |
| 4.  | 8:49.78 | Frei M / Meier-Hunger A / Flück J                       | 2011 |
| 5.  | 8:53.35 | Leistner R / Meier-Hunger A / Bosshard A                | 2013 |
| 6.  | 8:56.97 | Trutmann S / Frei M / Flück J                           | 2009 |
| 7.  | 9:02.72 | Bosshard A / Meier-Hunger A / Flück J                   | 2012 |
| 8.  | 9:09.60 | Frei M / Hangartner J / Bosshard A                      | 2010 |
| 9.  | 9:12.18 | Leistner R / Meier-Hunger A / Bosshard A                | 2014 |
| 10. | 9:13.69 | Vetterli A / Bosshard A / Wieland M                     | 2017 |

### Olympische

|     |         |  |      |
|-----|---------|--|------|
| 1.  | 3:45.39 | Bosshard A / Wieland M / Wanner L / Durgauhee D        | 2017 |
| 2.  | 3:48.79 | Bosshard A / Durgauhee D / Wieland M / Zinggeler M     | 2015 |
| 3.  | 3:50.36 | Bosshard A / Wieland M / Wanner L / Durgauhee D        | 2016 |
| 4.  | 3:54.63 | Bosshard A / Durgauhee D / Gröbli M / Aeschlimann M    | 2014 |
| 5.  | 3:55.52 | Hänggi B / Lüthi K / Schelling S / Jörg S              | 1993 |
| 6.  | 3:55.96 | Lüthi K / Schelling S / Hänggi B / Marti Ch            | 1992 |
| 7.  | 3:56.00 | Flück J / Meier-Hunger A / Aeschlimann M / Durgauhee D | 2011 |
| 8.  | 3:56.57 | Trutmann S / Flück J / Aeschlimann M / Reust J         | 2010 |
| 9.  | 4:06.19 | Portmann P / Güller K / Kappeler I / Giezendanner B    | 1987 |
| 10. | 4:09.37 | Portmann P / Marti Ch / Mischler D / Schelling S       | 1986 |