

LCR Bestenliste Top 10 - Frauen

Stand per 05.12.2021

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 |
| 7. | 12,98 | Steinlin Deborah 04 | 2021 |
| 9. | 13,01 | Mischler Denise 71 | 1988 |
| 10. | 13,02 | Bickel Sarah 03 | 2019 |

200m

| | | | |
|-----|-------|----------------------|------|
| 1. | 24,02 | Lüthi Kathrin 69 | 1992 |
| 2. | 24,19 | Gröbli Michelle 01 | 2022 |
| 3. | 24,94 | Marti Christine 70 | 1989 |
| 4. | 24,99 | Girsberger Saskia 83 | 2001 |
| 5. | 25,33 | Disch Karin 97 | 2021 |
| 6. | 25,90 | Widmer Kim 95 | 2015 |
| 7. | 25,97 | Eberhard Trinity 05 | 2022 |
| 8. | 26,20 | Steinlin Deborah 04 | 2021 |
| 9. | 26,46 | Schelling Suzanne 70 | 1993 |
| 10. | 26,69 | Mischler Denise 71 | 1987 |

300m

| | | | |
|-----|-------|-----------------------|------|
| 1. | 37,70 | Lüthi Kathrin 69 | 1993 |
| 2. | 39,20 | Gröbli Michelle 01 | 2022 |
| 3. | 39,57 | Disch Karin 97 | 2022 |
| 4. | 41,28 | Hänggi Beatrice 70 | 1993 |
| 5. | 41,95 | Jörg Silvana 66 | 1989 |
| 6. | 42,32 | Buck Senta 80 | 1998 |
| 7. | 42,50 | Durgauhee Delia 96 | 2015 |
| 8. | 42,70 | Schelling Suzanne 70 | 1993 |
| 9. | 43,12 | Bosshard Alexandra 94 | 2010 |
| 10. | 43,86 | Wanner Leana 98 | 2020 |



LCR Bestenliste Top 10 - Frauen

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400m

| | | | |
|-----|-------|-----------------------|------|
| 1. | 52,59 | Lüthi Kathrin 69 | 1993 |
| 2. | 53,89 | Gröbli Michelle 01 | 2022 |
| 3. | 54,15 | Marti Christine 70 | 1989 |
| 4. | 55,08 | Disch Karin 97 | 2021 |
| 5. | 56,31 | Fehler Selina 98 | 2020 |
| 6. | 56,44 | Bosshard Alexandra 94 | 2017 |
| 7. | 57,03 | Steinlin Deborah 04 | 2021 |
| 8. | 57,43 | Eberhard Trinity 05 | 2022 |
| 9. | 57,53 | Flück Joëlle 86 | 2011 |
| 10. | 58,46 | Hänggi Beatrice 70 | 1993 |

600m

| | | | |
|-----|-------------|-----------------------|------|
| 1. | 1:30.00 | Lüthi Kathrin 69 | 1993 |
| 2. | (i) 1:30.86 | Fehler Selina 98 | 2021 |
| 3. | 1:33.16 | Flück Joëlle 86 | 2011 |
| 4. | 1:33.54 | Bosshard Alexandra 94 | 2014 |
| 5. | 1:35.05 | Gröbli Michelle 01 | 2017 |
| 6. | 1:35.29 | Wieland Michèle 97 | 2017 |
| 7. | 1:35.37 | Eberhard Trinity 05 | 2020 |
| 8. | 1:37.06 | Hänggi Beatrice 70 | 1994 |
| 9. | 1:37.30 | Pfister Nicole 65 | 1994 |
| 10. | 1:38.28 | Wanner Leana 98 | 2021 |

800m

| | | | |
|-----|---------|-------------------------|------|
| 1. | 2:03.94 | Fehler Selina 98 | 2020 |
| 2. | 2:05.18 | Lüthi Kathrin 69 | 1993 |
| 3. | 2:06.57 | Bosshard Alexandra 94 | 2017 |
| 4. | 2:06.76 | Flück Joëlle 86 | 2011 |
| 5. | 2:10.93 | Rubin Kerstin 97 | 2022 |
| 6. | 2:10.96 | Guyot Joanne 93 | 2022 |
| 7. | 2:12.65 | Wieland Michèle 97 | 2018 |
| 8. | 2:12.67 | Gassmann Ravenna 94 | 2019 |
| 9. | 2:13.27 | Meier-Hunger Arlette 75 | 2010 |
| 10. | 2:15.33 | Eberhard Trinity 05 | 2021 |



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1000m

| | | | |
|-----|---------|-------------------------|------|
| 1. | 2:44.72 | Flück Joëlle 86 | 2013 |
| 2. | 2:48.85 | Fehler Selina 98 | 2019 |
| 3. | 2:53.87 | Bosshard Alexandra 94 | 2015 |
| 4. | 2:54.47 | Laib Lea 95 | 2019 |
| 5. | 2:55.72 | Meier-Hunger Arlette 75 | 2010 |
| 6. | 2:55.93 | Gassmann Ravenna 94 | 2019 |
| 7. | 2:55.96 | Eberhard Trinity 05 | 2020 |
| 8. | 2:57.75 | Wieland Michèle 97 | 2018 |
| 9. | 2:58.38 | Lovato Lavignia 00 | 2020 |
| 10. | 2:59.25 | Allemann Nadine 98 | 2021 |

1500m

| | | | |
|-----|----------------|-------------------------|-------------|
| 1. | 4:21.05 | Guyot Joanne 93 | 2022 |
| 2. | 4:21.14 | Flück Joëlle 86 | 2013 |
| 3. | 4:25.32 | Bosshard Alexandra 94 | 2017 |
| 4. | 4:28.44 | Laib Lea 95 | 2021 |
| 5. | 4:29.21 | Meier-Hunger Arlette 75 | 2010 |
| 6. | 4:31.53 | Rubin Kerstin 97 | 2022 |
| 7. | 4:31.86 | Gassmann Ravenna 94 | 2019 |
| 8. | 4:34.91 | Wieland Michèle 97 | 2018 |
| 9. | 4:35.76 | Allemann Nadine 98 | 2021 |
| 10. | 4:41.16 | Trutmann Stefanie 85 | 2011 |

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. | 9:45.55 | Laib Lea 95 | 2021 |
| 4. | 9:46.89 | Guyot Joanne 93 | 2022 |
| 5. | 10:01.08 | Desax Alexandra 71 | 1995 |
| 6. | 10:08.41 | Frei Melina 89 | 2010 |
| 7. | 10:29.98 | Trutmann Stefanie 85 | 2011 |
| 8. | 10:35.31 | Lovato Lavignia 00 | 2021 |
| 9. | 10:37.78 | Schnüriger Samira 95 | 2018 |
| 10. | 10:44.98 | Rieder Ramona 97 | 2021 |

3000m Steeple

| | | | |
|----|----------|-------------------------|------|
| 1. | 10:10.93 | Meier-Hunger Arlette 75 | 2010 |
| 2. | 11:55.55 | Hangartner Jasmin 91 | 2012 |
| 3. | 11:57.57 | Lang Fiona 96 | 2020 |

LCR Bestenliste Top 10 - Frauen

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5000m

| | | | |
|-----|----------|-------------------------------|------|
| 1. | 16:41.25 | Flück Joëlle 86 | 2015 |
| 2. | 17:19.62 | Desax Alexandra 71 | 1995 |
| 3. | 17:25.15 | Frei Melina 89 | 2020 |
| 4. | 17:31.41 | Schnüriger Samira 95 | 2020 |
| 5. | 17:44.22 | Meier-Hunger Arlette 75 | 2015 |
| 6. | 17:51.00 | Rüedlinger-Friedrich Rahel 86 | 2016 |
| 7. | 18:17.67 | Cejka Caroline 85 | 2007 |
| 8. | 18:27.06 | Hangartner Jasmin 91 | 2010 |
| 9. | 19:12.02 | Isler-Burri Claudia 66 | 1995 |
| 10. | 20:13.08 | Grieder Corinne 89 | 2010 |

10000m (Bahn)

| | | | |
|----|----------|----------------------|------|
| 1. | 35:38.50 | Desax Alexandra 71 | 1995 |
| 2. | 35:57.36 | Frei Melina 89 | 2020 |
| 3. | 36:16.63 | Schnüriger Samira 95 | 2020 |

10 km (hors-stade)

| | | | |
|-----|-------|-------------------------|------|
| 1. | 35:33 | Schnüriger Samira 95 | 2022 |
| 2. | 35:46 | Flück Joëlle 86 | 2020 |
| 3. | 36:45 | Laib Lea 95 | 2021 |
| 4. | 37:00 | Gassmann Ravenna 94 | 2020 |
| 5. | 37:44 | Fehler Selina 98 | 2019 |
| 6. | 38:03 | Frei Melina 89 | 2013 |
| 7. | 38:17 | Meier-Hunger Arlette 75 | 2012 |
| 8. | 38:34 | Chrétien Lucienne 00 | 2021 |
| 9. | 39:06 | Rieder Ramona 97 | 2021 |
| 10. | 39:14 | Allemann Nadine 98 | 2021 |

Halbmarathon

| | | | |
|-----|---------|-------------------------|------|
| 1. | 1:17.37 | Desax Alexandra 71 | 1996 |
| 2. | 1:18.10 | Schnüriger Samira 95 | 2022 |
| 3. | 1:20.18 | Flück Joëlle 86 | 2020 |
| 4. | 1:24.34 | Meier-Hunger Arlette 75 | 2014 |
| 5. | 1:24.59 | Grieder Corinne 89 | 2013 |
| 6. | 1:25.49 | Böllenrücher Melanie 87 | 2013 |
| 7. | 1:27.52 | Frei Melina 89 | 2021 |
| 8. | 1:29.11 | Rieder Ramona 97 | 2019 |
| 9. | 1:30.24 | Isler-Burri Claudia 66 | 1995 |
| 10. | 1:32.25 | Polinelli Christina 69 | 2016 |

Marathon

| | | | |
|----|---------|-------------------------|------|
| 1. | 2:41.50 | Schnüriger Samira 95 | 2022 |
| 2. | 2:47.44 | Flück Joëlle 86 | 2022 |
| 3. | 2:52.30 | Meier-Hunger Arlette 75 | 2017 |
| 4. | 3:01.19 | Frei Melina 89 | 2013 |
| 5. | 3:02.55 | Böllenrücher Melanie 87 | 2017 |
| 6. | 3:04.12 | Grieder Corinne 89 | 2014 |
| 7. | 3:12.06 | Trutmann Stefanie 85 | 2014 |
| 8. | 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. | 57,81 | Disch Karin 97 | 2021 |
| 3. | 61,64 | Marti Christine 70 | 1989 |
| 4. | 63,85 | Schelling Suzanne 70 | 1993 |
| 5. | 64,31 | Schaden Levia 06 | 2022 |
| 6. | 65,82 | Wanner Leana 98 | 2019 |
| 7. | 66,12 | Eberhard Trinity 05 | 2021 |
| 8. | 66,21 | Hänggi Beatrice 70 | 1992 |
| 9. | 67,96 | Kappeler Iris 71 | 1988 |
| 10. | 69,29 | Laube Sina 01 | 2021 |

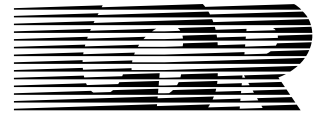
Hoch

| | | | |
|-----|------|---------------------|------|
| 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. | 1,59 | Koller Nina 05 | 2018 |

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 |
| 6. | 5,22 | Bickel Sarah 03 | 2019 |
| 8. | 5,20 | Schmid Julia 98 | 2013 |
| 9. | 5,20 | Mariani Sandra 87 | 2001 |
| 10. | 5,17 | Lüthi Kathrin 69 | 1994 |



LCR Bestenliste Top 10 - Frauen

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Drei

| | | | |
|-----|-------|------------------------|------|
| 1. | 11,66 | Bickel Sarah 03 | 2019 |
| 2. | 11,56 | Reust Jessica 93 | 2009 |
| 3. | 10,82 | Hertli Nadja 89 | 2011 |
| 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. | 10,12 | Marçay Anja 03 | 2018 |
| 10. | 10,09 | Graham Roisin 90 | 2005 |

Kugel (4kg)

| | | | |
|-----|-------|-----------------------|------|
| 1. | 11,71 | Widmer Kim 95 | 2015 |
| 2. | 10,40 | Baumann Silvia 50 | 1996 |
| 3. | 10,03 | Aeschlimann Nicole 01 | 2021 |
| 4. | 9,86 | Burgener Fränzi 68 | 1993 |
| 5. | 9,69 | Schelling Suzanne 70 | 1986 |
| 6. | 9,67 | Bongini Beatrice 68 | 1987 |
| 7. | 9,52 | Hertli Nadja 89 | 2007 |
| 8. | 9,43 | Aeschlimann Martina | 2011 |
| 9. | 9,30 | Uebelhard Beryl 74 | 1989 |
| 10. | 9,26 | Reust Jessica 93 | 2012 |
| 10. | 9,26 | Bickel Sarah 03 | 2019 |

Diskus (1kg)

| | | | |
|-----|-------|------------------------|------|
| 1. | 33,22 | Bickel Sarah 03 | 2018 |
| 2. | 29,70 | Kistler Denise 76 | 1992 |
| 3. | 29,22 | Lutz Corinna 86 | 2009 |
| 4. | 28,97 | Aeschlimann Nicole 01 | 2019 |
| 5. | 28,09 | Hertli Nadja 89 | 2013 |
| 6. | 26,86 | Uebelhard Beryl 74 | 1990 |
| 7. | 26,74 | Meier Evelyne 72 | 1987 |
| 8. | 25,95 | Cattarossi Michelle 98 | 2014 |
| 9. | 24,73 | Kilias Anina 04 | 2022 |
| 10. | 23,75 | Schmid Jasmin 83 | 2000 |

LCR Bestenliste Top 10 - Frauen

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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. | 8:46.91 | Lovato L / Wieland M / Fehler S | 2018 |
| 5. | 8:49.65 | Laib L / Wieland M / Gassmann R | 2019 |
| 6. | 8:49.78 | Frei M / Meier-Hunger A / Flück J | 2011 |
| 7. | 8:53.35 | Leistner R / Meier-Hunger A / Bosshard A | 2013 |
| 8. | 8:56.80 | Lovato L / Allemann N / Fehler S | 2020 |
| 9. | 8:56.97 | Trutmann S / Frei M / Flück J | 2009 |
| 10. | 9:02.72 | Bosshard A / Meier-Hunger A / Flück J | 2012 |

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. | 3:52.66 | Eberhard T / Steinlin D / Fritschi R / Kupferschmid J | 2021 |
| 5. | 3:54.63 | Bosshard A / Durgauhee D / Gröbli M / Aeschlimann M | 2014 |
| 6. | 3:55.33 | Eberhard T / Steinlin D / Utzinger S / Laube A | 2020 |
| 7. | 3:55.52 | Hänggi B / Lüthi K / Schelling S / Jörg S | 1993 |
| 8. | 3:55.96 | Lüthi K / Schelling S / Hänggi B / Marti Ch | 1992 |
| 9. | 3:56.00 | Flück J / Meier-Hunger A / Aeschlimann M / Durgauhee D | 2011 |
| 10. | 3:56.57 | Trutmann S / Flück J / Aeschlimann M / Reust J | 2010 |

Americaine Frauen

| | | | |
|----|---------|---|------|
| 1. | 7:19.06 | Gröbli M / Fehler S / Disch K (Schweizerrekord) | 2020 |
| 2. | 7:30.13 | Gröbli M / Fehler S / Disch K | 2021 |
| 3. | 7:31.20 | Gröbli M / Fehler S / Disch K (Schweizerrekord) | 2019 |
| 4. | 7:46.83 | Wanner L / Laube S / Allemann N | 2021 |
| 5. | 7:48.36 | Wanner L / Gassmann R / Lovato L | 2019 |
| 6. | 7:49.45 | Laube S / Lovato L / Allemann N | 2020 |
| 7. | 8:29.32 | Laube S / Durgauhee S / Vetterli A | 2019 |