Bestleistungen des Jahres

Burkhard Widera

Nur gleiche oder vermessene Strecken, amtliche Zeiten oder Bruttozeiten

AK	Jahr	4,8km	5000m	8km	8,25km	10000m	10km	10Meilen	Marathon	50km	60km	80km	100km	GMH-Null	6h-Lauf	12h-Lauf	24h-Lauf
HK	1988	0:16:09			0:29:12		0:35:30		2:44:09				7:44:34	4:37:00			
	1989	0:15:46			0:28:39				**2:40:15**	**3:22:46**	**4:05:21**	**5:35:51**	**7:03:44**		(84,96)		
	1990	**0:15:45**			0:28:37	0:35:52						5:43:00	7:22:33				
	1991	0:16:24		0:28:24	**0:28:27**	0:35:00	0:35:11		2:54:17					4:22:00			
	1992	0:15:55				0:35:05			2:48:54					4:09:25			
	1993	0:16:12	0:17:14	0:29:35		**0:34:41**			2:48:02				7:21:26	4:04:26			
M30	1994	0:16:18	**0:16:49**	**0:27:37**	0:29:11	0:34:52	**0:34:55**	**0:58:08**	3:03:53					4:06:15			
	1995						0:35:02		**2:40:23**	3:48:42			7:36:50	4:16:12			
	1996			0:28:09		0:36:07					4:24:21	6:19:25		3:58:47			
	1997					0:37:55								4:29:42			
	1998		0:18:46														
M35	1999																
	2000		0:17:26				0:36:32	1:00:14		3:41:07				3:59:06			
	2001			0:29:18				1:03:33	2:52:34					**3:54:40**			
	2002							1:01:54	2:54:17		4:17:17		8:35:43	**3:55:51**			
	2003						0:39:24		3:08:12	4:12:56			7:48:49	4:08:04	75,884		
M40	2004							1:04:11	2:58:37	3:47:37			7:55:55	3:59:57	**76,371**		
	2005		0:18:36	0:30:08		0:38:17	0:38:17							4:14:00			
	2006		0:18:19				0:39:29	01:06:04	3:04:29	4:09:18				4:10:37	67,720		
	2007													4:48:22			
	2008																
M45	2009																
	2010									4:14:30					69,419		
	2011					0:39:37			3:25:19	4:13:37			8:51:02	4:11:38	70,607		
	2012													4:11:53			
	2013									4:36:06					63,443		
M50	2014									4:33:19					64,099		
	2015												9:10:37		68,234		
	2016														68,723		**204,494**
	2017														62,106		202,121
	2018												9:02:10				
M60	2019																
	2020																
	2021								03:27:16								
	2022																
	2023																
M65	2024																
	2025																