

**Rekorde (SMA)**

# ***Schweizer Masters Rekorde und Bestleistungen Frauen Outdoor***



## ***Swiss Masters Athletics***

**Swiss Masters Athletics Verein**

<http://www.swiss-masters-athletics.ch>

**Rekorde / records**

### 100m

|     |                            |            |                         |            |                  |            |
|-----|----------------------------|------------|-------------------------|------------|------------------|------------|
| W35 | Martha Grossenbacher       | 31.08.1959 | TV Unterstrass          | 11.83 1.5  | Chaux-de-Fond    | 20.08.1995 |
| W40 | Helen Burkart              | 13.05.1958 | LC Zürich               | 12.00 0.6  | Schaan LIE       | 23.08.1998 |
| W45 | Laura Torino-Imberti       | 24.01.1980 | SFG Chiasol             | 12.41 0.0  | Lugano           | 15.06.2025 |
| W50 | Christine Müller           | 22.07.1958 | LC Zürich               | 13.06 -0.3 | Bern             | 14.06.2009 |
| W55 | Claudia Meier              | 15.04.1967 | LV Wettingen-Baden      | 14.51 0.0  | Kreuzlingen      | 29.05.2025 |
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 15.38 0.5  | Bern             | 19.08.2009 |
| W65 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 16.93 1.1  | Zürich           | 06.07.2014 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 17.31 -1.1 | Olten            | 09.09.2017 |
| W75 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 23.57      | Huttwil          | 12.07.2009 |
| W80 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 23.46 -0.6 | Porto Alegre BRA | 19.10.2013 |
| W85 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 27.38 1.9  | Čakovec CRO      | 25.08.2018 |

### 200m

|     |                            |            |                         |            |                     |            |
|-----|----------------------------|------------|-------------------------|------------|---------------------|------------|
| W35 | Helen Burkart              | 13.05.1958 | LC Zürich               | 23.92 -0.3 | Lausanne/Courbertin | 03.07.1993 |
| W40 | Claudia Wiederkehr         | 15.04.1967 | LV Wettingen-Baden      | 25.48 0.9  | Ljubljana POL       | 01.08.2008 |
| W45 | Christine Müller           | 22.07.1958 | LC Zürich               | 25.87 1.7  | Aarhus DEN          | 31.07.2004 |
| W50 | Christine Müller           | 22.07.1958 | LC Zürich               | 26.80 1.2  | Ljubljana POL       | 24.07.2008 |
| W55 | Claudia Meier              | 15.04.1967 | LV Wettingen-Baden      | 29.26 1.0  | Breitenbach         | 17.05.2025 |
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 32.33 -1.8 | Ljubljana POL       | 27.07.2008 |
| W65 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 36.42 0.2  | Izmir TUR           | 22.08.2014 |
| W70 | Alison Bourgeois           | 30.04.1953 | Together AC             | 34.39 0.3  | Les bains FR        | 15.06.2024 |
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 44.19 -2.2 | Gotenburg SWE       | 17.08.2024 |
| W80 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 50.39 0.5  | Porto Alegre BRA    | 22.10.2013 |
| W85 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 58.01 1.8  | Malaga ESP          | 09.09.2018 |

### 400m

|     |                        |            |                         |         |                    |            |
|-----|------------------------|------------|-------------------------|---------|--------------------|------------|
| W35 | Helen Burkart          | 13.05.1958 | LC Zürich               | 52.93   | Luzern             | 29.06.1993 |
| W40 | Helen Burkart          | 13.05.1958 | LC Zürich               | 54.58   | Frauenfeld         | 05.06.1998 |
| W45 | Claudia Meier          | 15.04.1967 | LV Wettingen-Baden      | 60.19   | Basel              | 09.06.2014 |
| W50 | Christine Müller       | 22.07.1958 | LC Zürich               | 62.74   | Lugano             | 30.08.2008 |
| W55 | Isabelle Schönenberger | 04.05.1935 | CHP Genève              | 67.22   | -                  | 1992       |
| W65 | Alison Bourgeois       | 30.04.1953 | Perform-CBS             | 75.00   | Bellinzona         | 22.09.2022 |
| W70 | Alison Bourgeois       | 30.04.1953 | Perform-CBS             | 75.92   | Pescara ITA        | 26.09.2023 |
| W75 | Ruth Helfenstein       | 15.09.1931 | swiss masters athletics | 1:53.89 | Huttwil            | 13.07.2008 |
| W80 | Ruth Helfenstein       | 15.09.1931 | swiss masters athletics | 1:53.86 | Porto Alegre (BRA) | 26.10.2013 |
| W85 | Ruth Helfenstein       | 15.09.1931 | swiss masters athletics | 2:20.49 | Malaga (ESP)       | 14.09.2018 |

### 800m

|     |                            |            |                         |                       |                  |            |
|-----|----------------------------|------------|-------------------------|-----------------------|------------------|------------|
| W35 | Karin Petraglio            | 16.08.1976 | GAB Bellinzona          | 2:09.75               | Trento (ITA)     | 31.07.2012 |
| W40 | Tamara Winker              | 07.01.1980 | GAB Bellinzona          | 2:12.95               | Gotenburg SWE    | 15.08.2024 |
| W45 | Janette Bragagnolo         | 20.09.1971 | GAB Bellinzona          | 2:30.35               | Bellinzona       | 20.09.2017 |
| W50 | Christine Müller           | 22.07.1958 | LC Zürich               | 2:38.07               | Hochdorf         | 27.09.2009 |
| W55 | Ursula Odermatt            | 10.10.1939 | LK Zug                  | 2:37.21               | -                | 1997       |
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern                 | 3:11.89               | Sacramento USA   | 07.07.2011 |
| W65 | Alison Bourgeois           | 30.04.1953 | Perform-CBS             | 2:48.54               | Genève           | 05.06.2022 |
| W70 | Alison Bourgeois           | 30.04.1953 | Perform-CBS             | 2:50.22 <sup>WR</sup> | Laval (FRA)      | 24.06.2023 |
| W75 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 4:08.78               | Riccione (ITA)   | 09.09.2007 |
| W80 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 4:24.96               | Porto Alegre BRA | 21.10.2013 |
| W85 | Ruth Helfenstein           | 15.09.1931 | swiss masters athletics | 5:33.71               | Malaga ESP       | 11.09.2018 |

### **1000m**

|     |                            |            |                |         |          |            |
|-----|----------------------------|------------|----------------|---------|----------|------------|
| W35 | Nicole Egger               | 10.03.1985 | LV Langenthal  | 2:48.63 | Wetzikon | 16.06.2020 |
| W40 | Silvia Baumann             | 21.11.1950 | TV Unterstrass | 3:07.3  | -        | 1993       |
| W45 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 3:33.70 | -        | 1994       |
| W50 | Ursula Odermatt            | 10.10.1939 | LK Zug         | 3:21.48 | -        | 1994       |

### **1500m**

|     |                   |            |                         |          |               |            |
|-----|-------------------|------------|-------------------------|----------|---------------|------------|
| W35 | Cornelia Bürki    | 03.10.1953 | LC Zürich               | 4:08.43  | Köln GER      | 20.08.1989 |
| W40 | Tamara Winker     | 07.01.1980 | GAB Bellinzona          | 4:29.48  | Locarno       | 01.06.2024 |
| W45 | Stefica Gajic     | 12.11.1948 | SGB Laufclub            | 4:53.39  | -             | 1992       |
| W50 | Marianne Kämpf    | 26.12.1964 | STB Leichtathletik      | 5:07.60  | Thun          | 24.06.2015 |
| W55 | Stefica Gajic     | 12.11.1948 | LR Wohlen               | 5:38.15  | Brugg         | 01.07.2008 |
| W60 | Lydia Bruhin      | 1933       | VSLs                    | 6:47.74  | -             | 1997       |
| W65 | Alison Bourgeois  | 30.04.1953 | Perform-CBS             | 6:10.90  | Bellinzona    | 24.09.2022 |
| W70 | Alison Bourgeois  | 30.04.1953 | Perform-CBS             | 5:53.22  | Laval (FRA)   | 25.06.2023 |
| W75 | Marianne Dahinden | 28.10.1924 | Einzellizenz            | 8:22.87  | Jyväskylä FIN | 10.07.2000 |
| W80 | Ruth Helfenstein  | 15.09.1931 | swiss masters athletics | 9:07.97  | Zittau GER    | 19.08.2012 |
| W85 | Ruth Helfenstein  | 15.09.1931 | swiss masters athletics | 11:03.56 | Malaga ESP    | 16.09.2018 |

### **1 Meile**

|     |                    |            |               |         |          |            |
|-----|--------------------|------------|---------------|---------|----------|------------|
| W35 | Cornelia Bürki     | 03.10.1953 | LC Zürich     | 4:38.52 | Nice FRA | 09.07.1989 |
| W40 | Janette Bragagnolo | 20.09.1971 | SA Bellinzona | 5:31.85 | Chiasso  | 26.04.2015 |

### **2000m**

|     |                    |            |                |         |            |            |
|-----|--------------------|------------|----------------|---------|------------|------------|
| W40 | Tamara Winker      | 07.01.1980 | GAB Bellinzona | 6:56.71 | Bellinzona | 01.05.2024 |
| W45 | Janette Bragagnolo | 20.09.1971 | GAB Bellinzona | 6:59.40 | Lugano     | 18.08.2018 |

### **3000m**

|     |                    |            |                |          |               |            |
|-----|--------------------|------------|----------------|----------|---------------|------------|
| W35 | Cornelia Bürki     | 03.10.1953 | LC Zürich      | 8:51.86  | Zürich        | 16.08.1989 |
| W40 | Chantal Dällenbach | 24.10.1962 | RC 2 Rives     | 9:38.14  | Reims FRA     | 23.05.2004 |
| W45 | Janette Bragagnolo | 20.09.1971 | GAB Bellinzona | 10:45.66 | Rovereto ITA  | 16.09.2017 |
| W50 | Marianne Kämpf     | 26.12.1964 | ST Bern        | 11:06.11 | Bern          | 29.07.2015 |
| W55 | Stefica Gajic      | 12.11.1948 | LR Wohlen      | 11:41.64 | Brugg         | 08.07.2008 |
| W60 | Helen Forster      | 1941       | VSLs           | 14:56.38 | Stammheim GER | 29.09.2003 |

### **5000m**

|     |                      |            |                         |          |                   |            |
|-----|----------------------|------------|-------------------------|----------|-------------------|------------|
| W35 | Sabine Fischer       | 29.06.1973 | LC Rapperswil-Jona      | 15:19.80 | Barcelona ESP     | 01.08.2010 |
| W40 | Sabine Fischer       | 29.06.1973 | LC Rapperswil-Jona      | 16:08.85 | Luzern            | 27.07.2013 |
| W45 | Stefica Gajic        | 12.11.1948 | SBG Laufclub            | 18:15.02 | Malmö SWE         | 25.07.1996 |
| W50 | Jeannette Bragagnolo | 20.09.1971 | GAB Bellinzona          | 19:15.76 | Bellinzona        | 24.09.2022 |
| W55 | Ursula Odermatt      | 10.10.1939 | LK Zug                  | 19:05.31 | Durban RSA        | 22.07.1997 |
| W60 | Helen Bedrock        | 06.01.1935 | -                       | 22:08.31 | Buffalo USA       | 13.07.1995 |
| W65 | Jutta Weiss          | 27.05.1935 | ST Bern                 | 22:16.40 | Brisbane AUS      | 06.07.2001 |
| W70 | Giuseppina Gurtner   | 05.06.1925 | VSLs                    | 24:57.43 | Durban RSA        | 22.07.1997 |
| W75 | Ruth Helfenstein     | 15.09.1931 | swiss masters athletics | 29:58.94 | Riccione IT)      | 10.09.2007 |
| W80 | Giuseppina Gurtner   | 05.06.1925 | VSLs                    | 30:52.83 | San Sebastian ESP | 22.08.2005 |
| W85 | Ruth Helfenstein     | 15.09.1931 | swiss masters athletics | 43:26.32 | Perth AUS         | 28.10.2016 |

### **10000m**

|     |                    |            |                         |            |                  |            |
|-----|--------------------|------------|-------------------------|------------|------------------|------------|
| W35 | Chantal Dällenbach | 24.10.1962 | CA Fribourg             | 32:40.21   | Lisboa POL       | 01.04.2000 |
| W40 | Chantal Dällenbach | 24.10.1962 | RC 2 Rives              | 34:31.60   | Langenthal       | 29.05.2003 |
| W45 | Gerti Wettstein    | 04.11.1945 | VSLs                    | 38:19.75   | Kristiansand NOR | 25.06.1992 |
| W50 | Ursula Odermatt    | 10.10.1939 | LK ZUG                  | 36:51.28   | Miyazaki JAP     | 07.10.1993 |
| W55 | Ursula Odermatt    | 10.10.1939 | LK Zug                  | 39:19.11   | Durban RSA       | 19.07.1997 |
| W60 | Ruth Helfenstein   | 15.09.1931 | swiss masters athletics | 53:19.41   | Durban RSA       | 19.07.1997 |
| W65 | Lydia Bruhin       | 1933       | VSLs                    | 52:15.00   | Gateshead GBR    | 03.08.1999 |
| W70 | Giuseppina Gurtner | 05.06.1925 | VSLs                    | 52:21.35   | Durban RSA       | 22.07.1997 |
| W75 | Marianne Dahinden  | 28.10.1924 | Einzellizenz            | 1:03:26.22 | Jyväskylä FIN    | 09.07.2000 |
| W80 | Ruth Helfenstein   | 15.09.1931 | swiss masters athletics | 1:06:14.64 | Sacramento USA   | 15.07.2011 |

### **80m Hürden (76.2 cm / 8 m)**

|     |                      |            |               |                         |                   |            |
|-----|----------------------|------------|---------------|-------------------------|-------------------|------------|
| W40 | Monica Pellegrinelli | 14.05.1965 | GA Bellinzona | 11.24 0.1 <sup>WR</sup> | San Sebastian ESP | 31.08.2005 |
| W45 | Christine Müller     | 22.07.1958 | LC Zürich     | 11.51 0.3 <sup>WR</sup> | Randers DEN       | 22.07.2004 |

### **80m Hürden (76.2 cm / 7 m)**

|     |                  |            |                   |                         |                  |            |
|-----|------------------|------------|-------------------|-------------------------|------------------|------------|
| W50 | Christine Müller | 22.07.1958 | LC Zürich         | 12.08 2.0 <sup>WR</sup> | Vaterstetten GER | 10.07.2009 |
| W55 | Ruth Raafaub     | 28.09.1957 | TV Länggasse Bern | 14.18 0.4               | Porto Alegre BRA | 25.10.2013 |

### **80m Hürden (68.6 cm / 7 m)**

|     |                            |            |                   |            |                  |            |
|-----|----------------------------|------------|-------------------|------------|------------------|------------|
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 14.34 0.5  | Lahti FIN        | 07.08.2009 |
| W65 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 16.09 -0.1 | Porto Alegre BRA | 25.10.2013 |
|     | Ruth Raafaub               | 28.09.1957 | TV Länggasse Bern | 14.85 *    | Lovosice CZE     | 27.07.2024 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 18.51 0.1  | Malaga ESP       | 15.09.2018 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 21.74 -0.8 | Gotenburg SWE    | 14.08.2024 |

\* = keine Windmessungsangaben

### **100m Hürden (84 cm / 8.5 m)**

|     |                      |            |               |           |        |            |
|-----|----------------------|------------|---------------|-----------|--------|------------|
| W35 | Monica Pellegrinelli | 14.05.1965 | GA Bellinzona | 13.28 0.3 | Lugano | 29.07.2000 |
| W40 | Monica Pellegrinelli | 14.05.1965 | GA Bellinzona | 13.57 1.1 | Bern   | 03.07.2005 |

### **200m Hürden (68.6 cm / 35 m)**

|     |                            |            |         |            |               |            |
|-----|----------------------------|------------|---------|------------|---------------|------------|
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern | 53.14 -2.0 | Gotenburg SWE | 18.08.2024 |
|-----|----------------------------|------------|---------|------------|---------------|------------|

### **300m Hürden (76.2 cm / 7 m)**

|     |                            |            |           |       |               |            |
|-----|----------------------------|------------|-----------|-------|---------------|------------|
| W50 | Christine Mueller          | 22.07.1958 | LC Zürich | 45.05 | Ljubljana SLO | 26.07.2008 |
| W55 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern   | 59.00 | Randers DEN   | 22.07.2004 |

### **400m Hürden (76.2 cm / 10 m)**

|     |                   |            |           |       |        |            |
|-----|-------------------|------------|-----------|-------|--------|------------|
| W35 | Christine Mueller | 22.07.1958 | LC Zürich | 61.78 | Basel  | 23.05.1994 |
| W40 | Christine Mueller | 22.07.1958 | LC Zürich | 62.90 | Basel  | 12.06.2000 |
| W45 | Christine Mueller | 22.07.1958 | LC Zürich | 63.85 | Zürich | 18.09.2004 |

### **2000m Steeple**

|     |                      |            |               |         |                  |            |
|-----|----------------------|------------|---------------|---------|------------------|------------|
| W35 | Arlette-Meier-Hunger | 18.05.1975 | LC Regensdorf | 6:47.35 | Pliezhausen GER. | 22.05.2011 |
| W40 | Arlette-Meier-Hunger | 18.05.1975 | LC Regensdorf | 7:09.22 | Freienbach       | 06.06.2015 |

### **3000m Steeple**

|     |                      |            |               |          |                |            |
|-----|----------------------|------------|---------------|----------|----------------|------------|
| W35 | Arlette-Meier-Hunger | 18.05.1975 | LC Regensdorf | 10:10.93 | Regensburg GER | 05.06.2010 |
| W40 | Arlette-Meier-Hunger | 18.05.1975 | LC Regensdorf | 10:57.18 | Langenthal     | 14.06.2015 |

### **5000m Track Walk**

|     |                    |            |                   |                        |               |            |
|-----|--------------------|------------|-------------------|------------------------|---------------|------------|
| W35 | Margot Vetterli    | 05.06.1948 | SC Panther Zürich | 24:36.45               | Bern          | 09.08.1987 |
| W40 | Heidi Reballato    | 23.10.1943 | CM Cour Lausanne  | 25:55.20               | Sion          | 24.04.1988 |
| W45 | Heidi Reballato    | 23.10.1943 | CM Cour Lausanne  | 24:19.60               | Fribourg      | 08.07.1989 |
| W50 | Heidi Maeder       | 23.10.1943 | CM Cour Lausanne  | 25:01.60               | Bern          | 28.06.1997 |
| W55 | Heidi Maeder       | 23.10.1943 | CM Cour Lausanne  | 26:37.23               | Bern          | 27.06.1998 |
| W60 | Heidi Maeder       | 23.10.1943 | CM Cour Lausanne  | 27:31.17               | Aarhus DEN    | 26.07.2004 |
| W65 | Heidi Maeder       | 23.10.1943 | CM Cour Lausanne  | 28:25.80 <sup>ER</sup> | Lausanne      | 26.09.2009 |
| W70 | Heidi Maeder       | 23.10.1943 | CM Cour Lausanne  | 31:44.85               | Izmir TUR     | 25.08.2014 |
| W75 | Brigitte De Coppet | 18.05.1946 | CM Yverdon        | 42:44.00               | Monthey       | 25.09.2021 |
| W80 | Marianne Dahinden  | 28.10.1924 | -                 | 40:24.88               | Ljubljana POL | 28.07.2008 |

### **10000m Track Walk**

|     |                 |            |                           |            |                  |            |
|-----|-----------------|------------|---------------------------|------------|------------------|------------|
| W35 | Marie Polli     | 28.11.1980 | SAL Lugano sezione Marcia | 50:46.40   | Chailly/Montreux | 03.07.2016 |
| W40 | Heidi Reballato | 23.10.1943 | CM Cour Lausanne          | 53:35.70   | Sion             | 27.04.1986 |
| W45 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 50:56.50   | Monthey          | 10.06.1989 |
| W50 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 52:24.60   | Lausanne         | 24.04.1994 |
| W55 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 56:49.60   | Sion             | 27.05.2001 |
| W60 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 58:19.00   | Chailly/Montreux | 19.04.2008 |
| W65 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 59:35.30   | Fribourg         | 15.04.2005 |
| W70 | Hélène Baptiste | 07.01.1950 | CM Yverdon                | 1:17:18.30 | Monthey          | 04.10.2020 |

### **10km Road Walk**

|     |                 |            |                   |            |                  |            |
|-----|-----------------|------------|-------------------|------------|------------------|------------|
| W35 | Margot Vetterli | 05.06.1948 | SC Panther Zürich | 51:18.00   | Lomello ITA      | 14.06.1986 |
| W40 | Heidi Reballato | 23.10.1943 | CM Cour Lausanne  | 52:27.00   | New York USA     | 03.05.1987 |
| W45 | Heidi Reballato | 23.10.1943 | CM Cour Lausanne  | 51:10.00   | Lausanne         | 30.04.1989 |
| W50 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne  | 51:56.00   | Zürich           | 29.03.1997 |
| W55 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne  | 52:37.00   | Monthey          | 22.05.1999 |
| W60 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne  | 57:35.00   | Aarhus DEN       | 29.07.2004 |
| W65 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne  | 57:19.00   | La Tour-de-Peilz | 03.05.2009 |
| W70 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne  | 1:03:51.00 | Namur BEL        | 22.06.2014 |

### **20km Road Walk**

|     |                 |            |                           |            |              |            |
|-----|-----------------|------------|---------------------------|------------|--------------|------------|
| W35 | Marie Polli     | 28.11.1980 | SAL Lugano sezione Marcia | 1:41:06.00 | Roma ITA     | 07.05.2016 |
| W40 | Corinne Henchoz | 25.08.1964 | CM Cour Lausanne          | 2:04:34.00 | Lugano       | 09.03.2008 |
| W45 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 1:52:03.00 | Upice CZE    | 29.05.1993 |
| W50 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 1:49:17.00 | Brügge BEL   | 29.06.1996 |
| W55 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 1:48:32.00 | Lugano       | 21.03.1999 |
| W60 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 1:59:04.00 | Riccione ITA | 14.09.2007 |
| W65 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 1:58:58.00 | Metz FRA     | 05.04.2009 |
| W70 | Heidi Maeder    | 23.10.1943 | CM Cour Lausanne          | 2:14:49.00 | Lyon FRA     | 14.08.2015 |

### **Hoch / Hauteur**

|     |                            |            |                |      |                   |            |
|-----|----------------------------|------------|----------------|------|-------------------|------------|
| W35 | Francoise Lachat           | 05.07.1962 | Fémina-Vicques | 1.72 | Delémont          | 03.06.2000 |
| W40 | Francoise Lachat           | 05.07.1962 | Fémina-Vicques | 1.72 | Bern              | 20.07.2002 |
| W45 | Christine Mueller          | 22.07.1958 | LC Zürich      | 1.54 | Randers DEN       | 23.07.2004 |
| W50 | Christine Müller           | 22.07.1958 | LC Zürich      | 1.48 | Lahti FIN         | 28.07.2009 |
| W55 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 1.27 | San Sebastian ESP | 22.08.2005 |
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 1.29 | Ljubljana SLO     | 27.07.2008 |
| W65 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 1.19 | Izmir TUR         | 22.08.2014 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 1.08 | Ptuj SLO          | 26.08.2017 |
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern        | 1.00 | Gotenburg SWE     | 14.08.2024 |

### **Stab / Perche**

|     |                       |            |                 |      |            |            |
|-----|-----------------------|------------|-----------------|------|------------|------------|
| W35 | Nicole Büchler        | 17.12.1983 | LC Zürich       | 4.55 | Doha QAT   | 27.09.2019 |
| W40 | Marie-Claude Fähndich | 17.12.1958 | Fémina-Vicques  | 2.00 | Delémont   | 16.05.1999 |
| W50 | Claudia Bernath       | 09.05.1947 | LC Schaffhausen | 3.10 | Langenthal | 06.09.1998 |

### **Weit / Longueur**

|     |                            |            |               |          |               |            |
|-----|----------------------------|------------|---------------|----------|---------------|------------|
| W35 | Barbara Leuthard           | 04.12.1981 | LC Zürich     | 6.27 1.4 | Bulle         | 05.07.2017 |
| W40 | Ruth Raaflaub-Minnig       | 28.09.1957 | TV Länggasse  | 5.66 1.1 | Luzern        | 07.08.1999 |
|     | Monica Pellegrinelli       | 14.05.1965 | GA Bellinzona | 5.66 1.4 | Rivera        | 20.08.2005 |
| W45 | Laura Torino-Imberti       | 24.01.1980 | SFG Chiaso    | 5.60 1.1 | GP Ticino     | 24.05.2025 |
| W50 | Christine Mueller          | 22.07.1958 | LC Zürich     | 5.27 1.5 | Langenthal    | 21.05.2009 |
| W55 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern       | 4.47     | Bern          | 21.09.2002 |
| W60 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern       | 4.27 0.0 | Ljubljana POL | 24.07.2008 |
| W65 | Ruth Raaflaub-Minnig       | 28.09.1957 | TV Länggasse  | 3.97 0.0 | Pescara ITA   | 25.09.2023 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern       | 3.28 0.7 | Torino ITA    | 29.07.2019 |
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern       | 3.06 1.7 | Gotenburg SWE | 13.08.2024 |

### **Drei / Triple**

|     |                            |            |                   |            |               |            |
|-----|----------------------------|------------|-------------------|------------|---------------|------------|
| W35 | Barbara Leuthard           | 04.12.1981 | LC Zürich         | 13.08 1.4  | Zofingen      | 13.07.2018 |
| W40 | Barbara Leuthard           | 04.12.1981 | LC Zürich         | 12.66 0.9  | Bellinzona    | 29.07.2023 |
| W45 | Laura Torino-Imberti       | 24.01.1980 | SFG Chiaso        | 11.56 0.8  | Zoffingen     | 07.06.2025 |
| W50 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 10.00 -0.4 | Genève        | 20.09.1997 |
| W55 | Ruth Raaflaub-Minnig       | 28.09.1957 | TV Länggasse Bern | 9.68 1.9   | Lyon (FRA)    | 15.08.2015 |
| W60 | Chantal Freund             | 11.07.1955 | CA Genève         | 9.12 0.0   | Lyon (FRA)    | 06.08.2015 |
| W65 | Ruth Raaflaub-Minnig       | 28.09.1957 | TV Länggasse Bern | 8.76 -0.5  | Pescara ITA   | 28.09.2023 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 7.17 1.6   | Malaga (ESP)  | 12.09.2018 |
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern           | 6.31 1.0   | Gotenburg SWE | 17.08.2024 |

### **Kugel / Poids (4 kg)**

|     |                 |            |                    |       |            |            |
|-----|-----------------|------------|--------------------|-------|------------|------------|
| W35 | Nathalie Thévoz | 21.08.1967 | Olympic Ch-d-Fonds | 14.59 | Bern       | 20.09.2003 |
| W40 | Edith Anderes   | 04.02.1948 | LC Brühl           | 13.71 | Baden      | 03.08.1991 |
| W45 | Edith Anderes   | 04.02.1948 | LC Brühl           | 13.03 | St. Gallen | 19.06.1993 |

### **Kugel / Poids (3 kg)**

|     |                          |            |            |       |                  |            |
|-----|--------------------------|------------|------------|-------|------------------|------------|
| W50 | Edith Anderes            | 04.02.1948 | LC Brühl   | 13.67 | Jyväskylä FIN    | 09.07.2000 |
| W55 | Edith Anderes            | 04.02.1948 | LC Brühl   | 13.09 | Aarhus DEN       | 28.07.2004 |
| W60 | Edith Anderes            | 04.02.1948 | LC Brühl   | 11.83 | Bellinzona       | 11.09.2010 |
| W65 | Edith Anderes            | 04.02.1948 | LC Brühl   | 10.23 | Lyon FRA         | 04.08.2015 |
| W70 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 9.25  | Porto Alegre BRA | 25.10.2013 |

### **Kugel / Poids (2 kg)**

|     |                          |            |            |      |             |            |
|-----|--------------------------|------------|------------|------|-------------|------------|
| W75 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 9.53 | Malaga ESP  | 12.09.2018 |
| W80 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 8.59 | Pescara ITA | 22.09.2023 |

### **Diskus / Disque (1 kg)**

|     |                          |            |                     |       |                 |            |
|-----|--------------------------|------------|---------------------|-------|-----------------|------------|
| W35 | Sylvie Moulinier         | 07.07.1964 | CEP Cortailod       | 46.12 | Genève          | 28.05.2000 |
| W40 | Nathalie Thévoz          | 21.08.1967 | Olympic Ch-de-Fonds | 43.77 | Langenthal      | 05.07.2008 |
| W45 | Edith Anderes            | 04.02.1948 | LC Brühl            | 42.66 | Zürich          | 10.06.1993 |
| W50 | Edith Anderes            | 04.02.1948 | LC Brühl            | 37.94 | Gateshead GBR   | 03.08.1999 |
| W55 | Edith Anderes            | 04.02.1948 | LC Brühl            | 34.60 | Aarhus DEN      | 30.07.2004 |
| W60 | Edith Anderes            | 04.02.1948 | LC Brühl            | 31.92 | Nyiregyhaza HUN | 21.07.2010 |
| W65 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil          | 25.45 | Bellinzona      | 08.09.2012 |
| W70 | Elsbeth Häusler          | 06.07.1954 | LV Langenthal       | 25.68 | Olten           | 10.05.2025 |

### **Diskus / Disque (750 g)**

|     |                          |            |            |       |             |            |
|-----|--------------------------|------------|------------|-------|-------------|------------|
| W75 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 24.57 | Wil         | 04.05.2019 |
| W80 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 20.51 | Pescara ITA | 25.09.2023 |

### **Hammer / Marteau (4 kg)**

|     |                 |            |           |                     |           |            |
|-----|-----------------|------------|-----------|---------------------|-----------|------------|
| W35 | Nicole Zihlmann | 30.07.1986 | LC Luzern | 65.97               | Luzern    | 02.10.2021 |
| W40 | Connie Hodel    | 13.04.1963 | TV Olten  | 53.37               | Maggingen | 07.06.2003 |
| W45 | Mägy Duss       | 05.12.1958 | LC Luzern | 53.67 <sup>ER</sup> | Luzern    | 28.09.2005 |

### **Hammer / Marteau (3 kg)**

|     |                            |            |          |       |                   |            |
|-----|----------------------------|------------|----------|-------|-------------------|------------|
| W50 | Connie Hodel               | 13.04.1963 | TV Olten | 52.25 | Čejkovice CZE     | 09.07.2016 |
| W55 | Connie Hodel               | 13.04.1963 | TV Olten | 50.87 | Olten             | 08.06.2018 |
| W60 | Connie Hodel               | 13.04.1963 | TV Olten | 41.88 | La Chaux-de-Fonds | 19.06.2024 |
| W65 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern  | 37.63 | Olten             | 05.08.2014 |
| W70 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern  | 35.57 | Zalaegerszeg HUN  | 20.07.2019 |

### **Hammer / Marteau (2 kg)**

|     |                            |            |            |       |                   |            |
|-----|----------------------------|------------|------------|-------|-------------------|------------|
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern    | 34.18 | La Chaux-de-Fonds | 14.06.2023 |
| W80 | Adelheid Graber-Bolliger   | 01.04.1943 | LV Huttwil | 16.64 | Luzern            | 03.03.2024 |

### **Speer / Javelot (600 g)**

|     |                 |            |                   |       |        |            |
|-----|-----------------|------------|-------------------|-------|--------|------------|
| W35 | Christa Wittwer | 25.01.1982 | GG Bern           | 47.67 | Zürich | 22.07.2017 |
| W40 | Christa Wittwer | 25.01.1982 | GG Bern           | 38.91 | Riehen | 14.09.2024 |
| W45 | Beatrice Marti  | 21.12.1968 | TV Länggasse Bern | 30.60 | Olten  | 23.05.2014 |

### **Speer / Javelot (500 g)**

|     |                    |            |                |       |            |            |
|-----|--------------------|------------|----------------|-------|------------|------------|
| W50 | Christine Pfeiffer | 13.04.1949 | Old Boys Basel | 30.60 | Bern       | 01.09.2000 |
| W55 | Christine Pfeiffer | 13.04.1949 | Old Boys Basel | 27.43 | Aarhus DEN | 22.07.2004 |

### **Speer / Javelot (400 g)**

|     |                          |            |            |       |                  |            |
|-----|--------------------------|------------|------------|-------|------------------|------------|
| W60 | Adelheid Graber-Bolliger | 01.04.1943 | TV Huttwil | 30.40 | Bern             | 25.08.2007 |
| W65 | Adelheid Graber-Bolliger | 01.04.1943 | TV Huttwil | 28.54 | Bellinzona       | 12.09.2009 |
| W70 | Adelheid Graber-Bolliger | 01.04.1943 | TV Huttwil | 27.59 | Porto Alegre BRA | 25.10.2013 |
| W75 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 24.58 | Venezia ITA      | 11.09.2019 |
| W80 | Adelheid Graber-Bolliger | 01.04.1943 | LV Huttwil | 23.17 | Pescara ITA      | 21.09.2023 |

### **Weight Throw (9.08 kg)**

|     |              |            |           |       |             |            |
|-----|--------------|------------|-----------|-------|-------------|------------|
| W35 | Connie Hodel | 13.04.1963 | TV Olten  | 14.39 | Potsdam GER | 23.08.2002 |
| W40 | Connie Hodel | 13.04.1963 | TV Olten  | 15.92 | Aarhus DEN  | 29.07.2004 |
| W45 | Magy Duss    | 05.12.1958 | LC Luzern | 16.28 | Luzern      | 02.10.2004 |

### **Weight Throw (7.26 kg)**

|     |              |            |          |       |            |            |
|-----|--------------|------------|----------|-------|------------|------------|
| W50 | Connie Hodel | 13.04.1963 | TV Olten | 15.44 | Torino ITA | 10.08.2013 |
| W55 | Connie Hodel | 13.04.1963 | TV Olten | 15.02 | Malaga ESP | 11.09.2018 |

### **Weight Throw (5.45 kg)**

|     |                    |            |                |       |               |            |
|-----|--------------------|------------|----------------|-------|---------------|------------|
| W60 | Connie Hodel       | 13.04.1963 | TV Olten       | 15.72 | Pescara ITA   | 24.09.2023 |
| W65 | Magy Duss          | 05.12.1958 | LC Luzern      | 12.48 | Gotenburg SWE | 20.08.2024 |
| W70 | Vera Perret-Gentil | 23.01.1941 | CEP Cortaillod | 8.71  | Zittau GER    | 23.08.2012 |

### **Weight Throw (4 kg)**

|     |                            |            |            |       |             |            |
|-----|----------------------------|------------|------------|-------|-------------|------------|
| W75 | Margaritha Dähler-Stettler | 21.08.1947 | GG Bern    | 11.84 | Pescara ITA | 24.09.2023 |
| W80 | Adelheid Graber-Bolliger   | 01.04.1943 | LV Huttwil | 7.48  | Luzern      | 03.03.2024 |

### **Heptathlon**

(Short Hurdles – High Jump – Shot Put – 200m – Long Jump – Javelin – 800m)

|     |                                                                   |            |                    |      |                   |            |
|-----|-------------------------------------------------------------------|------------|--------------------|------|-------------------|------------|
| W35 | Lara Zamboni                                                      | 02.08.1970 | GAB Bellinzona     | 4023 | Tenero            | 09.10.2005 |
|     | 15.16/1.3 – 1.40 – 8.01 – 26.00/1.0 – 4.66/0.2 – 21.16 – 2:33.04  |            |                    |      |                   |            |
| W40 | Claudia Wiederkehr                                                | 15.04.1967 | LV Wettingen Baden | 4673 | Nyíregyháza HUN   | 15.07.2010 |
|     | 12.58/0.0 – 1.39 – 7.67 – 26.02/0.3 – 4.88/0.9 – 23.13 – 2:27.64  |            |                    |      |                   |            |
| W45 | Christine Müller                                                  | 22.07.1958 | LC Zürich          | 5757 | Aarhus DEN        | 23.07.2004 |
|     | 11.51/0.3 – 1.54 – 8.67 – 26.17/0.8 – 5.27/0.7 – 26.17 – 2:33.74  |            |                    |      |                   |            |
| W50 | Christine Müller                                                  | 22.07.1958 | LC Zürich          | 5739 | Lahti FIN         | 28.07.2009 |
|     | 12.24/0.6 – 1.48 – 9.03 – 27.22/1.8 – 4.90/1.3 – 27.10 – 2:38.76  |            |                    |      |                   |            |
| W55 | Margaritha Dähler-Stettler                                        | 21.08.1947 | GG Bern            | 4819 | San Sebastian ESP | 23.08.2005 |
|     | 14.48/0.1 – 1.24 – 9.17 – 31.22/0.5 – 4.24/1.3 – 25.87 – 3:01.16  |            |                    |      |                   |            |
| W65 | Margaritha Dähler-Stettler                                        | 21.08.1947 | GG Bern            | 4186 | Izmir TUR         | 22.08.2014 |
|     | 17.59/0.8 – 1.19 – 8.33 – 36.42/0.2 – 3.59/0.3 – 18.00 – 3:56.23  |            |                    |      |                   |            |
| W70 | Margaritha Dähler-Stettler                                        | 21.08.1947 | GG Bern            | 4125 | Malaga ESP        | 05.09.2018 |
|     | 19.13/1.1 – 1.08 – 7.68 – 38.62/2.4 – 3.25(2.6) – 18.23 – 4:02.92 |            |                    |      |                   |            |
| W75 | Margaritha Dähler-Stettler                                        | 21.08.1947 | GG Bern            | 3359 | Gotenburg SWE     | 15.08.2024 |
|     | 21.74/0.8 – 1.00 – 7.42 – 44.19/2.2 – 2.77/1.9 – 13.99 – 4:28.87  |            |                    |      |                   |            |

### **Pentathlon**

(Short Hurdles – High Jump – Shot Put – Long Jump – 800m)

|     |                                              |            |         |       |                  |            |
|-----|----------------------------------------------|------------|---------|-------|------------------|------------|
| W35 | Margaritha Dähler-Stettler                   | 21.08.1947 | GG Bern | 3277* | Brighton GBR     | 24.08.1984 |
|     | 16.64 – 1.51 – 10.13 – 5.25 – 2:28.60        |            |         |       |                  |            |
| W40 | Margaritha Dähler-Stettler                   | 21.08.1947 | GG Bern | 3231  | Kristiansand NOR | 01.07.1992 |
|     | 13.59/2.1 – 1.44 – 9.07 – 4.81/0.6 – 2:43.21 |            |         |       |                  |            |
| W45 | Margaritha Dähler-Stettler                   | 21.08.1947 | GG Bern | 3439  | Malmö SWE        | 20.07.1996 |

|     |                                                 |         |       |                |            |
|-----|-------------------------------------------------|---------|-------|----------------|------------|
|     | 13.70/0.9 – 1.42 – 9.46 – 4.61/-0.5 – 2:50.40   |         |       |                |            |
| W50 | Margaritha Dähler-Stettler 21.08.1947           | GG Bern | 3665* | Cesenatico ITA | 13.09.1998 |
|     | 14.03 – 1.39 – 11.02 – 4.56 – 2:57.90           |         |       |                |            |
| W55 | Margaritha Dähler-Stettler 21.08.1947           | GG Bern | 3432  | Aarhus DEN     | 27.07.2004 |
|     | 15.17/-0.9 – 1.24 – 10.18 – 4.26/-0.8 – 3:09.28 |         |       |                |            |
| W60 | Margaritha Dähler-Stettler 21.08.1947           | GG Bern | 3740  | Ljubljana SLO  | 30.07.2008 |
|     | 14.59/-0.3 – 1.25 – 9.45 – 4.08/0.7 – 3:18.45   |         |       |                |            |

\* = keine Windmessungsangaben

## Bestleistungen / meilleures performances

### 300m

|     |                  |            |                         |         |               |            |
|-----|------------------|------------|-------------------------|---------|---------------|------------|
| W35 | Helen Burkart    | 13.05.1958 | LC Zürich               | 38.36   | Lausanne      | 23.07.1994 |
| W40 | Claudia Meier    | 15.04.1967 | LV Wettingen-Baden      | 40.29   | Basel         | 16.05.2009 |
| W45 | Claudia Meier    | 15.04.1967 | LV Wettingen-Baden      | 42.48   | Basel         | 17.05.2014 |
| W55 | Claudia Meier    | 15.04.1967 | LV Wettingen-Baden      | 47.59   | Cham ZG       | 26.04.2025 |
| W80 | Ruth Helfenstein | 15.09.1931 | swiss masters athletics | 1:30.91 | Čejkovice CZE | 09.07.2016 |

### 600m

|     |                     |            |                |         |            |            |
|-----|---------------------|------------|----------------|---------|------------|------------|
| W35 | Karin Petraglio     | 16.08.1976 | GAB Bellinzona | 1:33.99 | Chiasso    | 01.05.2012 |
| W40 | Tamara Winker       | 07.01.1980 | GAB Bellinzona | 1:36.23 | Bellinzona | 01.05.2024 |
| W45 | Maria Luisa Quirici | 12.09.1966 | GAB Bellinzona | 1:51.81 | Bellinzona | 20.07.2013 |

## Eingefrorene Rekorde / records gelées

### Speer / Javelot (600 g)

|     |                 |            |                |        |               |            |
|-----|-----------------|------------|----------------|--------|---------------|------------|
| W35 | Micheala Dunkel | 16.12.1962 | TV Unterstrass | 48.84* | Frauenfeld    | 04.07.1998 |
| W40 | Sibylla Meili   | 29.01.1941 | Old Boys Basel | 35.46* | San Juan PUR  | 23.09.1983 |
| W45 | Sibylla Meili   | 29.01.1941 | Old Boys Basel | 32.26* | Melbourne AUS | 29.11.1987 |

\* = alte Speer Modell (vor Jahr 2000)

### Speer / Javelot (500 g)

|     |               |            |                |        |   |      |
|-----|---------------|------------|----------------|--------|---|------|
| W50 | Sibylla Meili | 29.01.1941 | Old Boys Basel | 38.80* | - | 1992 |
|-----|---------------|------------|----------------|--------|---|------|

\* = alte Speer Gewicht 400 g (vor Jahr 2000)

### Speer / Javelot (400 g)

|     |                                       |            |        |            |            |
|-----|---------------------------------------|------------|--------|------------|------------|
| W65 | Margaritha Dähler-Stettler 21.08.1947 | GG Bern    | 18.86* | Lyon FRA   | 05.08.2015 |
| W70 | Adelheid Graber-Bolliger 01.04.1943   | TV Huttwil | 25.97* | Götzis AUT | 21.06.2014 |

\* = Speer Gewicht 500 g (ab Jahr 2014)

### Heptathlon

|     |                                                              |         |       |               |            |
|-----|--------------------------------------------------------------|---------|-------|---------------|------------|
| W60 | Margaritha Dähler-Stettler 21.08.1947                        | GG Bern | 5924* | Ljubljana SLO | 24.07.2008 |
|     | 14.38/2.2 – 1.19 – 9.63 – 32.33 – 4.20/1.3 – 21.42 – 3:17.36 |         |       |               |            |

\* = alte Speer Modell (Gewicht 400g)

For Records, the following rules of competition apply:

WMA Rule 3.1.1 For Records, the age group of an athlete shall be determined by the athlete's date of birth on the day of the record, as long as all the rules of competition apply to both age groups.