

**Bestenliste Adliswil Track Team****U16 M**

| <b>60m</b>             | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|------------------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Linus          |              | 15           | 7.54            | 2011        |
| 2 Kalu Kevin           |              | 15           | 7.58            | 2011        |
| 3 Angus Conrod         |              | 14           | 7.67            | 2013        |
| 4 Winzeler Chris       |              | 15           | 8.05            | 2016        |
| 5 Spitz Lionel         |              | 15           | 8.18            | 2016        |
| 6 Ledergerber Manuel   |              | 14           | 8.27            | 2011        |
| 7 Weber Jan            |              | 14           | 8.38            | 2011        |
| 8 Heule Steve          |              | 14           | 9.46            | 2017        |
| 9 Bliggensdorfer Cyril |              | 14           | 9.6             | 2016        |

| <b>80m</b>        | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|-------------------|--------------|--------------|-----------------|-------------|
| 1 Kalu Kevin      |              | 15           | 9.54            | 2011        |
| 2 Angus Conrod    |              | 14           | 9.59            | 2013        |
| 3 Winzeler Chris  |              | 15           | 9.92            | 2016        |
| 4 Schäfer Cyril   |              | 15           | 10.13           | 2011        |
| 5 Spitz Lionel    |              | 15           | 10.13           | 2016        |
| 6 Hug Tobias      |              | 14           | 10.21           | 2007        |
| 7 Feusi Herbert   |              | 15           | 10.0            | 1970        |
| 8 Weber Jan       |              | 15           | 10.25           | 2012        |
| 9 Brütsch Pascal  |              | 15           | 10.30           | 2008        |
| 10 Berger Philipp |              | 15           | 10.30           | 1993        |

| <b>100m</b>      | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|------------------|--------------|--------------|-----------------|-------------|
| 1 Kalu Kevin     |              | 15           | 12.06           | 2011        |
| 2 Wyder Walter   |              | 15           | 12.4            | 1971        |
| 3 Schäfer Cyril  |              | 15           | 12.66           | 2011        |
| 4 Weber Jan      |              | 15           | 12.80           | 2012        |
| 5 Gessler Peter  |              | 15           | 12.7            | 1969        |
| 6 Spitz Linus    |              | 15           | 12.95           | 2011        |
| 7 Jaroen Sarawut |              | 14           | 13.10           | 2013        |
| 8 Eidenbenz Ghio |              | 15           | 13.16           | 2013        |
| 9 Kramer Klemen  |              | 15           | 13.26           | 2013        |

| <b>200m</b>     | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|-----------------|--------------|--------------|-----------------|-------------|
| 1 Kalu Kevin    |              | 15           | 25.13           | 2011        |
| 2 Schäfer Cyril |              | 15           | 25.98           | 2011        |

| <b>300m</b>   | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Linus |              | 15           | 39.98           | 2011        |

| <b>400m</b>   | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Linus |              | 15           | 55.31           | 2011        |

| <b>600m</b>          | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Lionel       |              | 15           | 1:25.08         | 2016        |
| 2 Spitz Linus        |              | 15           | 1:28.68         | 2011        |
| 3 Winzeler Chris     |              | 15           | 1:38.53         | 2016        |
| 4 Weber Jan          |              | 15           | 1:41.51         | 2012        |
| 5 Ledergerber Manuel |              | 15           | 1:42.67         | 2012        |
| 6 Eidenbenz Ghio     |              | 15           | 1:42.72         | 2013        |
| 7 Schäfer Cyril      |              | 15           | 1:43.50         | 2011        |
| 8 Kramer Luka        |              | 15           | 1:43.68         | 2010        |
| 9 Kalu Kevin         |              | 15           | 1:45.60         | 2011        |
| 10 Muntwyler Nicolas |              | 14           | 1:50.66         | 2011        |

| <b>1'000m</b>        | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Lionel       |              | 15           | 2:50.13         | 2016        |
| 2 Spitz Linus        |              | 15           | 2:54.33         | 2011        |
| 3 Hug Tobias         |              | 14           | 3:02.37         | 2007        |
| 4 Schäfer Cyril      |              | 15           | 3:05.81         | 2011        |
| 5 Rhaubert- Dietz    |              | 14           | 3:10.50         | 2016        |
| 6 Kalu Kevin         |              | 15           | 3:11.78         | 2011        |
| 7 Muntwyler Nicolas  |              | 14           | 3:18.15         | 2011        |
| 8 Ledergerber Manuel |              | 14           | 3:18.20         | 2011        |
| 9 Eidenbenz Ghio     |              | 15           | 3:19.00         | 2013        |
| 10 Merrouche Philipp |              | 15           | 3:19.62         | 2007        |

| <b>80m Hü</b>  | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Lionel |              | 15           | 10.52           | 2016        |

| <b>100m Hü</b>       | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Angus Conrod       |              | 14           | 15.04           | 2013        |
| 2 Hug Tobias         |              | 14           | 15.12           | 2007        |
| 3 Ledergerber Manuel |              | 14           | 15.58           | 2011        |
| 4 Sigg Marco         |              | 14           | 15.68           | 2000        |
| 5 Weber Jan          |              | 15           | 15.73           | 2012        |
| 6 Spitz Lionel       |              | 15           | 15.77           | 2016        |
| 7 Kalu Kevin         |              | 15           | 15.86           | 2011        |
| 8 Schäfer Cyril      |              | 15           | 16.00           | 2011        |
| 9 Spitz Linus        |              | 15           | 16.54           | 2011        |
| 10 Winzeler Chris    |              | 15           | 17.72           | 2016        |

| <b>Hoch</b>          | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Gränicher Paul     |              | 15           | 1.94            | 1973        |
| 2 Suter René         |              | 15           | 1.85            | 1974        |
| 3 Zimmermann Daniel  |              | 15           | 1.82            | 1980        |
| 4 Schäfer Cyril      |              | 15           | 1.75            | 2011        |
| 5 Sigg Marco         |              | 15           | 1.70            | 2001        |
| 6 Gertsch Stefan     |              | 15           | 1.70            | 1996        |
| 7 Ledergerber Manuel |              | 15           | 1.70            | 2012        |
| 8 Angus Conrod       |              | 14           | 1.65            | 2013        |
| 9 Winzeler Chris     |              | 15           | 1.63            | 2016        |
| 10 Kalu Kevin        |              | 15           | 1.60            | 2011        |

| <b>Weit</b>          | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Ledergerber Manuel |              | 15           | 5.83            | 2012        |
| 2 Gränicher Paul     |              | 15           | 5.76            | 1973        |
| 3 Weber Jan          |              | 15           | 5.75            | 2012        |
| 4 Spitz Lionel       |              | 15           | 5.52            | 2016        |
| 5 Feusi Herbert      |              | 15           | 5.45            | 1970        |
| 6 Gessler Peter      |              | 15           | 5.43            | 1969        |
| 7 Angus Conrod       |              | 14           | 5.37            | 2013        |
| 8 Schäfer Cyril      |              | 15           | 5.36            | 2011        |
| 9 Winzeler Chris     |              | 15           | 5.35            | 2016        |

10 Kalu Kevin 15 5.24 2011

| <b>Ball 200g</b>       | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|------------------------|--------------|--------------|-----------------|-------------|
| 1 Angus Conrod         |              | 14           | 72.71           | 2013        |
| 2 Winzeler Chris       |              | 15           | 56.52           | 2016        |
| 3 Spitz Lionel         |              | 15           | 43.11           | 2016        |
| 4 Bliggensdorfer Cyril |              | 14           | 33.47           | 2016        |
| 5 Heule Steve          |              | 14           | 28.2            | 2017        |

| <b>Kugel 4kg</b>     | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|----------------------|--------------|--------------|-----------------|-------------|
| 1 Winzeler Chris     |              | 15           | 12.53           | 2016        |
| 2 Angus Conrod       |              | 14           | 12.39           | 2013        |
| 3 Brütsch Pascal     |              | 15           | 12.26           | 2008        |
| 4 Ledergerber Manuel |              | 15           | 12.24           | 2012        |
| 5 Schäfer Cyril      |              | 15           | 12.22           | 2011        |
| 6 Tanner Sandro      |              | 15           | 11.09           | 1993        |
| 7 Kalu Kevin         |              | 15           | 11.01           | 2011        |
| 8 Spitz Linus        |              | 15           | 10.69           | 2011        |
| 9 Sigg Marco         |              | 14           | 10.17           | 2000        |
| 10 Rhaubert- Dietz   |              | 14           | 9.62            | 2016        |

| <b>Kugel 5kg</b> | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|------------------|--------------|--------------|-----------------|-------------|
| 1 Kramer Klemen  |              | 15           | 9.25            | 2013        |
| 2 Eidenbenz Ghio |              | 15           | 9.09            | 2013        |
| 3 Jaroen Sarawut |              | 14           | 8.58            | 2013        |

| <b>Speer 600g</b>   | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------------|--------------|--------------|-----------------|-------------|
| 1 Spitz Linus       |              | 15           | 46.37           | 2011        |
| 2 Angus Conrod      |              | 14           | 41.42           | 2013        |
| 3 Brütsch Pascal    |              | 15           | 40.88           | 2008        |
| 4 Eidenbenz Ghio    |              | 15           | 37.51           | 2013        |
| 5 Trudel Fabian     |              | 15           | 34.60           | 1997        |
| 6 Merrouche Philipp |              | 15           | 32.32           | 2007        |
| 7 Winzeler Chris    |              | 15           | 32.04           | 2016        |
| 8 Kalu Kevin        |              | 15           | 31.39           | 2011        |
| 9 Kramer Klemen     |              | 15           | 27.63           | 2013        |
| 10 Jaroen Sarawut   |              | 14           | 26.65           | 2013        |

| <b>Diskus 1kg</b> | <b>U16 M</b>       | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|-------------------|--------------------|--------------|-----------------|-------------|
| 1                 | Winzeler Chris     | 15           | 36.35           | 2016        |
| 2                 | Brütsch Pascal     | 15           | 35.09           | 2008        |
| 3                 | Angus Conrod       | 14           | 32.72           | 2013        |
| 4                 | Spitz Linus        | 15           | 31.75           | 2011        |
| 5                 | Ledergerber Manuel | 15           | 31.41           | 2012        |
| 6                 | Kalu Kevin         | 15           | 29.56           | 2011        |
| 7                 | Schäfer Cyril      | 14           | 28.86           | 2010        |
| 8                 | Sigg Marco         | 14           | 26.75           | 2000        |
| 9                 | Kramer Klemen      | 15           | 25.94           | 2013        |
| 10                | Kramer Luka        | 15           | 24.83           | 2010        |

| <b>Diskus 1,5kg</b> | <b>U16 M</b>   | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------------|----------------|--------------|-----------------|-------------|
| 1                   | Trudel Fabian  | 15           | 34.54           | 1997        |
| 2                   | Winzeler Chris | 15           | 32.52           | 2016        |

| <b>Kids 3Kampf</b> | <b>U16 M</b>         | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|--------------------|----------------------|--------------|-----------------|-------------|
| 1                  | Spitz Linus          | 15           | 2098            | 2011        |
| 2                  | Angus Conrod         | 14           | 2024            | 2013        |
| 3                  | Winzeler Chris       | 15           | 1907            | 2016        |
| 4                  | Spitz Lionel         | 15           | 1748            | 2016        |
| 5                  | Weber Jan            | 14           | 1641            | 2011        |
| 6                  | Heule Steve          | 14           | 1132            | 2017        |
| 7                  | Bliggensdorfer Cyril | 14           | 1091            | 2016        |

| <b>4Kampf</b> | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------|--------------|--------------|-----------------|-------------|
| 1             | Suter René   | 15           | 1877            | 1974        |

| <b>5Kampf</b> | <b>U16 M</b> | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------|--------------|--------------|-----------------|-------------|
| 1             | Sigg Marco   | 14           | 2607            | 2000        |

| <b>6Kampf</b> | <b>U16 M</b>   | <b>Alter</b> | <b>Leistung</b> | <b>Jahr</b> |
|---------------|----------------|--------------|-----------------|-------------|
| 1             | Spitz Lionel   | 14           | 2485            | 2015        |
| 2             | Schäfer Cyril  | 15           | 3355            | 2011        |
| 3             | Winzeler Chris | 15           | 3417            | 2016        |