

# Polderlauf-Rekorde

| Jahr | Anzahl TN | m/w | Halb-Marathon | 15 km    | 5 km     | 10 km    | Walken Nordic Walken | 400 m    | 800 m    |
|------|-----------|-----|---------------|----------|----------|----------|----------------------|----------|----------|
| 2009 |           | M   |               | 00:54:33 |          |          | 00:47:10             |          |          |
|      |           | W   |               | 01:36:28 |          |          | 00:52:10             |          |          |
| 2010 |           | M   |               | 00:56:34 | 00:17:23 |          | 00:45:01             | 00:01:48 | 00:03:59 |
|      |           | W   |               | 01:04:56 | 00:21:55 |          | 00:56:20             | 00:01:51 | 00:03:47 |
| 2011 |           | M   |               | 00:54:14 | 00:17:01 |          | 00:45:42             | 00:01:30 | 00:03:22 |
|      |           | W   |               | 01:02:44 | 00:21:44 |          | 00:50:12             | 00:01:39 | 00:03:17 |
| 2012 | 406       | M   |               | 00:57:37 | 00:16:53 | 00:39:21 | 00:48:12             | 00:01:31 | 00:03:21 |
|      |           | W   |               | 01:03:46 | 00:21:13 | 00:43:05 | 00:51:13             | 00:01:39 | 00:03:33 |
| 2013 | 393       | M   |               | 00:50:46 | 00:19:30 | 00:36:14 | 00:47:52             | 00:01:41 | 00:03:13 |
|      |           | W   |               | 01:09:51 | 00:20:20 | 00:44:03 | 00:54:46             | 00:01:39 | 00:03:40 |
| 2014 | 503       | M   |               | 00:52:54 | 00:17:01 | 00:36:13 | 00:52:00             | 00:01:53 | 00:03:24 |
|      |           | W   |               | 01:04:58 | 00:18:42 | 00:44:07 | 00:52:56             | 00:01:38 | 00:03:09 |
| 2015 | 397       | M   |               | 00:57:13 | 00:16:57 | 00:33:10 | 00:47:39             | - - -    | 00:03:09 |
|      |           | W   |               | 01:10:09 | 00:25:23 | 00:44:38 | 00:58:55             | 00:01:39 | 00:03:17 |
| 2016 | 433       | M   |               | 00:56:28 | 00:16:24 | 00:34:51 | 00:49:25             | 00:01:56 | 00:03:15 |
|      |           | W   |               | 01:08:00 | 00:23:31 | 00:44:37 | 00:57:33             | 00:01:38 | 00:03:24 |
| 2017 | 500       | M   |               | 00:49:02 | 00:17:56 | 00:37:24 | 00:49:41             | 00:01:32 | 00:02:58 |
|      |           | W   |               | 01:09:38 | 00:24:19 | 00:41:16 | 00:57:39             | 00:01:33 | 00:03:30 |
| 2018 | 436       | M   |               | 00:55:44 | 00:15:17 | 00:31:43 | 00:50:31             | 00:01:38 | 00:03:19 |
|      |           | W   |               | 01:06:53 | 00:22:43 | 00:40:49 | 00:56:36             | 00:01:35 | 00:03:26 |
| 2019 | 398       | M   |               | 00:50:12 | 00:19:03 | 00:37:19 | 00:50:30             | 00:01:34 | 00:03:04 |
|      |           | W   |               | 01:07:52 | 00:21:07 | 00:45:08 | 00:55:12             | 00:01:29 | 00:03:13 |
| 2022 | 396       | M   | 01:11:27      | - - -    | 00:18:17 | 00:33:06 | 00:49:34             | 00:01:39 | 00:03:02 |
|      |           | W   | 01:40:55      | - - -    | 00:26:09 | 00:42:21 | 01:03:57             | 00:01:38 | 00:03:20 |