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|  | Männer | |
| 100 m | Gesche, Bodo , jg 58 / | 10,5 (1978) |
| 200 m | Gain, David, jg87 | 21,7 (2013) |
| 400 m | Gesche, Bodo , jg 58 | 47,3 |
| 800 m | Waldbröl, Josef jg 37 | 1:55,4 (1957) |
| 1000 m | Lummers, Johannes | 2:35,1 (1965) |
| 1500 m | Luenig,Eberhard jg37 | 3:54,2 (1969) |
| 3000 m | Luenig,Eberhard jg37 | 8:28,8 (1959) |
| 5000 m | Lummers, Johannes | 14:50,4 (1966) |
| 10.000 m | Luenig,Eberhard jg37 | 31,54 (1969) |
| 25 km | Pohlmann,Jörg jg63 | 1:24:01 (1988) |
| Halbmarathon | Blieschies,Rüdiger jg62 | 1:12:11 (1995) |
| Marathon | Pohlmann,Jörg jg63 | 2:29:39 (1988) |
| 100 km |  |  |
| 110 m-Hürden | Lobinger,Hans-Joachim jg42 | 15,2 (1964) |
| 200 m-Hürden | Lobinger,Hans-Joachim jg42 | 25,6 (1965) |
| 400 m-Hürden | Schuster, Anselm jg61 | 56,1 (1984) |
| 3000 m-Hindernis | Lummer,Johannes jg39 | 9:23,4 (1966) |
| Hoch | Brünglinghaus,Ralf jg57 | 2,05 (1977) |
| Weit | Fröhlich,Stefan jg58 | 7,13 (1976) |
| Drei | Ebenfeld,Dietrich jg36 | 14,44 (1960) |
| Stabhoch | Ebenfeld,Dietrich jg36 | 3,62 (1960) |
| Kugel | Welbhoff,Heinz jg32 | 13,65 (1954) |
| Diskus | Kraft,Eberhard jg43 | 40,73 (1966) |
| Speer neu | Pozingis,Henrikas jg93 | 61,77 (2014) |
| Hammer | Ebenfeld,Dietrich jg36 | 35,95 (1958) |
| 3-Kampf | Lobinger,H-Joachim jg40 | 2.128 (1965) |
| 5-Kampf | Wolf,hans-willi jg36 | 3.307 (1958) |
| 10-Kampf | Ebenfeld,Dietrich jg36 | 6.245 (1960) |
| 4 x 100 m | FRITSCH - FRÖHLICH - KÖLPIN - Gesche | 42,2 (1976) |
| 4 x 400 m | JESSER - Fröhlich - Kölpin - Gesche | 3:13,5 (1976) |
| 3 x 1000 m | KEPPLER - HAUCK - BLIESCHIES | 7:37,57 (1994) |
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|  | Frauen |  |
| 100 m | Bollig-Krupp, Marianne jg45 | 11,9 (1967) |
| 200 m | Bollig-Krupp, Marianne jg45 | 24,4 (1968) |
| 400 m | Udelhoven,Tilia jg92 | 56,35 (2011) |
| 800 m | Udelhove,Luna jg94 | 2:07,30 (2011) |
| 1500 m | Udelhove,Luna jg94 | 4:27,81 (2012) |
| 3000 m | Exner,Florentina jg91 | 10:34,90 (2010) |
| 5000 m | Bender,Annette jg62 | 18:59,15 (1985) |
| 10.000 m |  |  |
| 25 km | Bender,Annette jg62 | 1:48:16 (1985) |
| Halbmarathon |  |  |
| Marathon | Marquardt,Doris jg81 | 2:51:56 (2015) |
| 100 km |  |  |
| 100 m-Hürden | Udelhoven,Tilia jg92 | 14,05 (2011) |
| 400 m-Hürden | Udelhoven,Tilia jg92 | 60,82 (2009) |
| Hoch | Udelhoven,Tilia jg92 | 1,75 (2011) |
| Weit | Udelhoven,Tilia jg92 | 6,42 (2011) |
| Drei | Udelhoven,Tilia jg92 | 12,01 (2011) |
| Stabhoch |  |  |
| Kugel | Udelhoven,Tilia jg92 | 11,59 (2011) |
| Diskus | Henk-Burwinkel,Gisela jg40 | 35,67 (1960) |
| Speer neu | Udelhoven,Tilia jg92 | 46,73 (2011) |
| Hammer |  |  |
| 5-Kampf |  |  |
| 7-Kampf | Udelhoven,Tilia jg92 | 6.000 (2011) |
| 10-Kampf |  |  |
| 4 x 100 m |  |  |
| 4 x 400 m |  |  |
| 3 x 800 m | T.Udelhoven – EXNER – L.Udelhoven | 6:53,51 (2010) |
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