

| Distanz | Leistung | Vorname, Name | Jg | Ort/Anlass | Datum |
|---------------|----------|----------------------|----|-------------------------------|----------|
| 600 m | 1:31.18 | Marc Mathys | 93 | Meeting Wilisau | 01.05.10 |
| | 1:44.29 | Romano Josi | 95 | Kantonale M. Thun | 11.06.10 |
| | 1:46.64 | Romano Josi | 95 | Auffahrtsmeeting Langenthal | 13.05.10 |
| 800 m | 1:53.53 | Marcel Briggen | 84 | Spitzenleichtathletik Nottwil | 08.08.10 |
| | 1:53.60 | Marcel Briggen | 84 | Bonus Track Nottwil | 26.06.10 |
| | 1:54.14 | Marcel Briggen | 84 | Int. Abendmeeting Bern | 25.08.10 |
| | 1:54.41 | Marcel Briggen | 84 | Swiss M. La Chaux-de-Fonds | 04.07.10 |
| | 1:54.46 | Marcel Briggen | 84 | SM Lugano | 17.07.10 |
| | 1:54.61 | Marcel Briggen | 84 | Abendmeeting Langenthal | 04.08.10 |
| | 1:55.34 | Marcel Briggen | 84 | Swiss Meeting Bern | 10.07.10 |
| | 1:55.73 | Marcel Briggen | 84 | Swiss Meeting Fribourg | 14.08.10 |
| | 1:57.18 | Jonas Fahrni | 91 | Int. Abendmeeting Bern | 25.08.10 |
| | 1:57.65 | Jonas Fahrni | 91 | Swiss Meeting Fribourg | 14.08.10 |
| | 1:58.57 | Jonas Fahrni | 91 | Swiss Meeting Bern | 10.07.10 |
| | 1:59.50 | Jonas Fahrni | 91 | Abendmeeting Langenthal | 04.08.10 |
| | 2:00.64 | Sebastian Graf | 94 | Swiss Meeting Bern | 10.07.10 |
| | 2:00.73 | Sebastian Graf | 94 | Bonus Track Nottwil | 26.06.10 |
| | 2:01.80 | Sebastian Graf | 94 | Nachwuchsmeeting Bern | 29.05.10 |
| | 2:05.67 | Marc Mathys | 93 | Regional-M. Lausanne | 19.06.10 |
| | 2:06.07 | Marc Mathys | 93 | Kantonale M. Thun | 11.06.10 |
| | 2:06.60 | Marc Mathys | 93 | Int. Abendmeeting Bern | 25.08.10 |
| | 2:07.70 | Marc Mathys | 93 | SM Langenthal | 04.09.10 |
| | 2:08.24 | Marc Mathys | 93 | Swiss M. La Chaux-de-Fonds | 04.07.10 |
| | 2:32.73 | Romano Josi | 95 | Swiss Meeting Bern | 10.07.10 |
| 1000 m | 2:31.85 | Marcel Briggen | 84 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 2:33.33 | Marcel Briggen | 84 | Meeting Wilisau | 01.05.10 |
| | 2:34.14 | Jonas Fahrni | 91 | Nachmittagsmeeting Thun | 08.05.10 |
| | 2:39.63 | Sebastian Graf | 94 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 2:42.00 | Sebastian Graf | 94 | Nachmittagsmeeting Thun | 08.05.10 |
| | 2:43.80 | Marc Mathys | 93 | Nachmittagsmeeting Thun | 08.05.10 |
| | 2:44.88 | Thomas Feuz | 77 | Nachmittagsmeeting Thun | 08.05.10 |
| | 2:45.69 | Marc Mathys | 93 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 2:47.66 | Sebastian Graf | 94 | Meeting Wilisau | 01.05.10 |
| | 2:47.89 | Eichenberger Michael | 88 | Nachmittagsmeeting Thun | 08.05.10 |
| | 3:13.20 | Romano Josi | 95 | Dr schnällschi Oberländer | 29.05.10 |
| | 3:19.48 | Eric Würsten | 99 | Dr schnällschi Oberländer | 29.05.10 |
| | 3:20.60 | Robin Oester | 99 | Dr schnällschi Oberländer | 29.05.10 |
| | 3:21.93 | Eric Würsten | 99 | Mille Gruyère, Zürich | 26.09.10 |
| | 3:22.57 | Romano Josi | 95 | Schnällst Thuner | 08.05.10 |
| 1500 m | 3:58.14 | Jonas Fahrni | 91 | SM Bern | 05.09.10 |
| | 3:58.26 | Jonas Fahrni | 91 | Abendmeeting Regensdorf | 11.08.10 |
| | 3:59.03 | Marcel Briggen | 84 | Pfingstmeeting Zofingen | 24.05.10 |
| | 3:59.13 | Jonas Fahrni | 91 | SM Lugano | 17.07.10 |
| | 4:03.41 | Markus Peter | 84 | Abendmeeting Regensdorf | 11.08.10 |
| | 4:04.59 | Markus Peter | 84 | Int. Abendmeeting Bern | 25.08.10 |
| | 4:11.71 | Sebastian Graf | 94 | Athletissima Lausanne | 08.07.10 |
| | 4:13.05 | Sebastian Graf | 94 | Kantonale M. Thun | 11.06.10 |
| | 4:13.93 | Jonas Fahrni | 91 | Uster Running | 10.06.10 |
| | 4:17.59 | Sebastian Graf | 94 | SM Langenthal | 04.09.10 |
| | 4:17.81 | Sebastian Graf | 94 | Pfingstmeeting Zofingen | 24.05.10 |
| | 4:19.64 | Thomas Feuz | 77 | Swiss Meeting Bern | 10.07.10 |
| | 4:22.44 | Sebastian Graf | 94 | Regional-M. Lausanne | 19.06.10 |
| | 4:25.17 | Sebastian Graf | 94 | Abendmeeting Langenthal | 04.08.10 |
| | 4:25.50 | Sebastian Graf | 94 | Int. Abendmeeting Bern | 25.08.10 |
| | 4:28.09 | Dario Josi | 95 | Bonus Track Nottwil | 26.06.10 |
| | 4:29.19 | Michael Eichenberger | 88 | Bonus Track Nottwil | 26.06.10 |

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|---------------------------|----------|----------------------|----|-----------------------------|----------|
| 3000 m | 8:46.35 | Jonas Fahrni | 91 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 8:48.17 | Thomas Feuz | 77 | Abendmeeting Langenthal | 04.08.10 |
| | 8:53.96 | Jonas Fahrni | 91 | Länderkampf Heilbronn | 26.06.10 |
| | 8:57.61 | Thomas Feuz | 77 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 8:59.04 | Thomas Feuz | 77 | Abendmeeting Affoltern | 16.06.10 |
| | 9:01.30 | Markus Peter | 84 | Abendmeeting Langenthal | 04.08.10 |
| | 9:01.92 | Markus Peter | 84 | Abendmeeting Affoltern | 16.06.10 |
| | 9:05.82 | Markus Peter | 84 | Auffahrtsmeeting Langenthal | 13.05.10 |
| | 9:59.57 | Michael Eichenberger | 88 | Auffahrtsmeeting Langenthal | 13.05.10 |
| 5000 m | 15:22.28 | Thomas Feuz | 77 | Abendmeeting Aarau | 12.08.10 |
| | 15:28.60 | Thomas Feuz | 77 | Bonus Track Nottwil | 26.06.10 |
| | 15:36.62 | Thomas Feuz | 77 | SM Lugano | 17.07.10 |
| | 16:04.99 | Markus Peter | 84 | SM Lugano | 17.07.10 |
| 10 km Strasse | 33:17.2 | Markus Peter | 84 | SM Payerne | 27.03.10 |
| | 38:36.1 | Chrisoph von Känel | 59 | SM Payerne | 27.03.10 |
| | 40:25.1 | René Freiburghaus | 54 | SM Payerne | 27.03.10 |
| | 42:53.9 | Hans-Rudolf Schwarz | 38 | SM Payerne | 27.03.10 |
| Halb- marathon | 1:11.27 | Thomas Feuz | 77 | Luzern | 31.10.10 |
| | 1:13.12 | Lukas Gehrig | 79 | Sursee | 08.05.10 |
| | 1:18.09 | Dario Josi | 91 | Greifensee | 18.09.10 |
| | 1:18.41 | Lukas Gafner | 91 | Greifensee | 18.09.10 |
| | 1:21.01 | Benjamin Schwab | 82 | Brienzersee | 17.10.10 |
| | 1:21.38 | Simon Graf | 64 | Brienzersee | 17.10.10 |
| | 1:22.04 | Remo Wyss | 83 | Greifensee | 18.09.10 |
| | 1:26.48 | Thomas Roth | 62 | Brienzersee | 17.10.10 |
| | 1:27.09 | Erich Schumacher | 72 | Nidau | 01.05.10 |
| | 1:27.43 | Thomas Roth | 62 | Greifensee | 18.09.10 |
| | 1:29.02 | Braco Pavic | 78 | Greifensee | 18.09.10 |
| | 1:29.25 | René Freiburghaus | 54 | Brienzersee | 17.10.10 |
| | 1:31.22 | Werner Kohler | 68 | Bieler Lauftage | 11.06.10 |
| | 1:31.37 | Otto Löffler | 58 | Brienzersee | 17.10.10 |
| | 1:32.42 | René Freiburghaus | 54 | Media Markt Muri | 11.09.10 |
| | 1:34.52 | Hansjürg Kummer | 55 | Greifensee | 18.09.10 |
| | 1:35.57 | Otto Löffler | 58 | Media Markt Muri | 11.09.10 |
| | 1:37.11 | Otto Löffler | 58 | Nidau | 01.05.10 |
| | 1:37.22 | Hans-Rudolf Schwarz | 38 | Greifensee | 18.09.10 |
| | 1:38.00 | René Freiburghaus | 54 | Halbmarathon Gürbetal | 05.06.10 |
| | 1:42.53 | Lukas Gehrig | 79 | Aletsch Halbmarathon | 27.06.10 |
| | 1:43.26 | Bernhard Schmid | 63 | Brienzersee | 17.10.10 |
| | 1:44.16 | Stefan Dähler | 66 | Brienzersee | 17.10.10 |
| | 1:50.48 | Michael Reber | 78 | Greifensee | 18.09.10 |
| | 1:56.05 | Reinhard Brunner | 47 | Lausanne | 31.10.10 |
| | 2:03.30 | Christoph von Känel | 59 | Gantrisch | 18.09.10 |
| | 2:07.44 | Christoph von Känel | 59 | Aletsch Halbmarathon | 27.06.10 |
| | 2:09.52 | David Gafner | 93 | Stockhorn Marathon | 27.04.10 |
| | 2:10.31 | Marc Nyffenegger | 82 | Männlichen Halbmarathon | 20.06.10 |
| | 2:12.28 | Christoph von Känel | 59 | Männlichen Halbmarathon | 20.06.10 |
| | 2:13.36 | Christoph von Känel | 59 | Stockhorn Marathon | 27.04.10 |
| | 2:13.51 | Samuel Nyfeler | 67 | Stockhorn Marathon | 27.04.10 |
| | 2:14.21 | Jonas Gafner | 93 | Stockhorn Marathon | 27.04.10 |
| | 2:26.16 | Bernhard Schmid | 63 | Aletsch Halbmarathon | 27.06.10 |
| | 2:26.20 | Niklaus Gafner | 66 | Stockhorn Marathon | 27.04.10 |
| | 2:29.24 | Hans-Rudolf Schwarz | 38 | Aletsch Halbmarathon | 27.06.10 |
| | 2:30.59 | Christian Mani | 84 | Aletsch Halbmarathon | 27.06.10 |
| | 2:38.44 | Hans-Rudolf Schwarz | 38 | Stockhorn Marathon | 27.04.10 |

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|-----------------|----------|---------------------|----|-----------------------------|----------|
| | 2:58.38 | Werner Kohler | 68 | Aletsch Halbmarathon | 27.06.10 |
| | 3:19.03 | Burkhard Wendt | 53 | Aletsch Halbmarathon | 27.06.10 |
| Marathon | 2:56.05 | Marc Nyffenegger | 82 | Zürich | 11.04.10 |
| | 2:56.15 | Benjamin Schwab | 82 | New York | 07.11.10 |
| | 2:56.38 | Benjamin Schwab | 82 | Düsseldorf | 02.05.10 |
| | 3:12.34 | Thomas Roth | 62 | Lausanne | 31.10.10 |
| | 3:13.08 | Thomas Roth | 62 | Marathon Luxembourg | 15.05.10 |
| | 3:14.23 | Thomas Roth | 62 | Marathon Neuenburg | 20.06.10 |
| | 3:15.48 | Erich Schumacher | 72 | Berlin | 26.09.10 |
| | 3:19.35 | Simon Graf | 64 | New York | 07.11.10 |
| | 3:29.27 | Hans-Rudolf Schwarz | 38 | Zürich | 11.04.10 |
| | 3:39.23 | Otto Löffler | 58 | New York | 07.11.10 |
| | 3:53.53 | Thomas Feuz | 77 | Jungfrau Marathon | 11.09.10 |
| | 4:05.47 | Christoph von Känel | 59 | LGT Alpin-Marathon | 12.06.10 |
| | 4:10.30 | Patrick Gempeler | 79 | LGT Alpin-Marathon | 12.06.10 |
| | 4:16.28 | Michael Maurer | 80 | New York | 07.11.10 |
| | 4:16.42 | Samuel Nyfeler | 67 | Jungfrau Marathon | 11.09.10 |
| | 4:18.57 | Stefan Dähler | 66 | New York | 07.11.10 |
| | 4:20.36 | Christoph von Känel | 59 | Jungfrau Marathon | 11.09.10 |
| | 4:20.43 | Simon Graf | 64 | Jungfrau Marathon | 11.09.10 |
| | 4:26.38 | Roger Leutert | 56 | New York | 07.11.10 |
| | 4:26.45 | Patrick Gempeler | 79 | Jungfrau Marathon | 11.09.10 |
| | 4:30.26 | Roland Riedener | 52 | New York | 07.11.10 |
| | 4:31.45 | Roland Meier | 49 | New York | 07.11.10 |
| | 4:35.42 | Christoph von Känel | 59 | Zermatt Marathon | 10.07.10 |
| | 4:38.07 | Patrick Gempeler | 79 | Zermatt Marathon | 10.07.10 |
| | 5:15.44 | Ulrich Thönen | 56 | LGT Alpin-Marathon | 12.06.10 |
| | 5:25.44 | Ulrich Thönen | 56 | Jungfrau Marathon | 11.09.10 |
| | 5:34.40 | Bruno Wittwer | 58 | LGT Alpin-Marathon | 12.06.10 |
| | 5:51.12 | Reinhard Brunner | 47 | Jungfrau Marathon | 11.09.10 |
| | 6:04.17 | Bruno Wittwer | 58 | Jungfrau Marathon | 11.09.10 |
| | 6:04.53 | Bruno Wittwer | 58 | Zermatt Marathon | 10.07.10 |
| | 6:10.23 | Ulrich Thönen | 56 | Zermatt Marathon | 10.07.10 |
| | 7:11.15 | Burkhard Wendt | 53 | Swiss Alpine Marathon Davos | 31.07.10 |