

	DATE	MARATHON	COUNTRY	DISTANCE	TIME
1	00.07.82	Training run full marathon distance	Germany	42.195 km	4:02:00
2	05.09.82	Basel Marathon	Switzerland	42.195 km	3:52:45
3	03.10.82	Schwarzwald Marathon	Germany	42.195 km	3:25:44
4	15.05.83	Frankfurt Marathon	Germany	42.195 km	3:32:51
5	05.10.83	Schwarzwald Marathon	Germany	42.195 km	3:45:06
6	05.05.84	Biel Marathon	Switzerland	42.195 km	3:23:01
7	12.04.85	Zurich Marathon	Switzerland	42.195 km	3:33:00
8	00.00.85	Fricktal Marathon	Switzerland	42.195 km	3:22:00
9	00.09.86	Basel Marathon	Switzerland	42.195 km	3:53:00
10	00.09.87	Schwarzwald Marathon	Germany	42.195 km	3:43:32
11	10.06.89	Bonn Marathon	Germany	42.195 km	4:44:00
12	17.06.90	Manitoba Marathon	Canada	42.195 km	4:01:00
13	22.06.91	Leipzig Marathon	Germany	42.195 km	3:38:23
14	05.10.91	Basel Marathon	Switzerland	42.195 km	3:50:00
15	27.09.92	Berlin Marathon	Germany	42.195 km	3:38:37
16	24.10.92	Neuf-Breisach Marathon	France	42.195 km	3:51:45
17	25.09.93	Jungfrau Marathon *	Switzerland	42.195 km	5:15:54
18	17.10.93	Frankfurt Marathon	Germany	42.195 km	4:16:08
19	24.09.94	Jungfrau Marathon *	Switzerland	42.195 km	6:08:00
20	29.10.95	Neuf-Breisach Marathon	France	42.195 km	3:49:24
21	00.10.96	Lausanne Marathon	Switzerland	42.195 km	3:45:00
22	00.10.96	Basel Marathon	Switzerland	42.195 km	3:54:10
23	06.09.97	Jungfrau Marathon *	Switzerland	42.195 km	5:49:36
24	? .10.97	Basel Marathon	Germany	42.195 km	4:10:00
25	03.10.99	Koeln Marathon	Germany	42.195 km	4:00:33
26	28.10.99	Basel Marathon	Switzerland	42.195 km	4:14:00
27	28.10.00	Basel Marathon	Switzerland	42.195 km	4:04:00
28	17.06.01	Manitoba Marathon	Canada	42.195 km	4:28:00
29	27.10.01	Basel Marathon	Switzerland	42.195 km	4:19:15
30	26.05.02	Vienna Marathon	Austria	42.195 km	4:33:00
31	15.06.03	Manitoba Marathon	Canada	42.195 km	4:59:15
32	20.06.04	Manitoba Marathon	Canada	42.195 km	4:18:03
33	00.06.05	Manitoba Marathon	Canada	42.195 km	5:02:37
34	00.09.05	Treherne Marathon	Canada	42.195 km	5:01:00
35	17.09.06	Treherne Marathon	Canada	42.195 km	4:50:00
36	27.09.06	Fargo Marathon-with Dean Karnazes/no medal	USA	42.195 km	4:45:00

37	27.05.07	Ottawa Marathon	Canada	42.195 km	4:22:25
38	17.06.07	Manitoba Marathon	Canada	42.195 km	4:42:35
39	16.09.07	Treherne Marathon	Canada	42.195 km	5:13:01
40	23.05.10	Blue Nose Marathon - Halifax, NS. Canada	Canada	42.195 km	5:43:00
41	30.05.10	Hope to America Marathon with Lisa Smith	Fargo, ND. USA	42.195 km	ca 6:00:00
42	19.08.10	Tadoule Lake Marathon	Tadoule Lake,MB.	42.195 km	5:45:00
43	10.11.10	Calgary Winter Maarthon with Martin Parnell	Calgary, AB.	42,195 km	ca 6.30
44	26.02.11	Winter Marathon - The Forks, Winnipeg, MB.	Winnipeg, MB.	42,194 km	ca 5.40
45	20.05	Unofficial Marathon distance run to La Broquerie	Steinbach, MB.	42,195 km	ca 6.00
46	21.05.11	Fargo Marathon	Fargo, ND. USA	42.195 km	5:44:00
47	20.11.12	Polar Bear Marathon	Churchill, MB.	42.195 km	6:30:00
48	01.06.13	Manitoba Trail Marathon	Spruce Woods,MB.	42.195 km	7.30.00
49	22.11.13	The Polar Bear Marathon - Churchill, MB.	Churchill, MB.	42.195 KM	7.30.00

* Jungfrau marathons are mountain runs going up 1810 meters

ULTRAMARATHONS

1	23.06.84	Bieler 100	Switzerland	100 km	16:54:00
2	00.06.88	Run for Missions (run across Switzerland)	Switzerland	333 km	10 days
3	16.04-29.05.94	Topfit Jog Mit (run across Germany)	Germany	1024 km	6 weeks
4	27.07.96	Swiss Alpine Marathon (Mountain pass)	Switzerland	67 km	9:50:00
5	00.04.00	Marathon des Sables (Sahara Desert)	Morocco	238 km	DNF
6	00.04.01	Marathon des Sables (Sahara Desert)	Morocco	243 km	65:04:23
7	9-16.04.06	Marathon des Sables (Sahara Desert)	Morocco	211 km	DNF
8	12-14.07.04	Badwaterultra Marathon (Death Valley)	USA	135 miles	57:42:50
	03.05.08	Run 101 for Mom - Niverville to Altona	Manitoba	101 km	18 hrs.
	27.03- 06.04.09	Marathon des Sables (Sahara Desert)	Morocco	202 km	DNF
	10.05.-24.05.14	Run with Hope - Ministry run across Paraguay	Paraguay	200 km	14 days running

Sub-Marathon Runs

1	00.07.98	Schilthorn Inferna Lauf	Switzerland	21 km	
2	30.08.92	Hochblauen Lauf	Germany	10.5 km	1:10:22
3	09.05.10	Sun Run	Vancouver, BC	10 km	1:06:15
4	09.05.15	Spruce Woods Half Maratho with Patrick	Spruce Woods,MB.	21.km	a long time
5	17.01.16	Tarragona Marathon, Spain	Spain	10 km	ca 80 min.
6	24.01.16	Gran Canaria - Grand Canary Islands	Spain	10 km	ca 85 min.

CROSS COUNTRY WORLD LOPPET SKI RACES

1	14.03.82	Engadin Skimarathon (St. Moritz)	Switzerland	42 km	4:17:14
2	Winter.83	Koenig Ludwig Lauf	Germany	65 km	4:50:23
3	Winter.84	Koenig Ludwig Lauf	Germany	65 km	5:58:23
4	20.01.85	Dolomitenlauf	Austria	60 km	6:29:02
5	16.02.86	Transjurasienne	France	76 km	7:32:43
6	00.02.88	Marcialonga	Italy	64 km	7:21:13
7	21.02.04	American Birkebeiner, Wisconsin	USA	52 km	6:00:00

Total kilometers run: **44,559 KM** (09.03.16)

HOCKEY

3 years with Rot Weiss Loerrach
8 years with EHC Rheinfelden

Germany
Switzerland

BASEBALL

2 years CMFL Portage Seals
2 years Steinbach Pacers
2 years Steinbach Stealers
2 years Muellheim Raiders
2 years Steinen Artists

Canada
Canada
Canada
Germany
Germany