

Ewige Bestenliste SV Langendreer 04 – Leichtathletik e.V.

(Stand: 30.10.2009)

Frauen

| 100 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,1 sec | Kroniger, Annegret | 1952 | 1967 |
| 12,5 sec | Borchert, Manuela | 1963 | 1980 |
| 12,6 sec | Faber, Anke | 1968 | 1985 |
| 12,6 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 12,8 sec | Fospoth, Diana | 1971 | 1985 |
| 12,9 sec | Kuhn, Elke | 1950 | 1967 |
| 12,9 sec | Striepecke, Ellen | 1953 | 1970 |
| 12,9 sec | Weichsel, Claudia | 1961 | 1982 |
| 13,18 sec | Putzmann, Ninja | 1987 | 2002 |
| 13,21 sec | Di Fina, Antonella | 1974 | 1990 |

| 200 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 25,2 sec | Borchert, Manuela | 1963 | 1981 |
| 25,8 sec | Kroniger, Annegret | 1952 | 1967 |
| 25,9 sec | Faber, Anke | 1968 | 1985 |
| 26,34 sec | Di Fina, Antonella | 1971 | 1991 |
| 26,5 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 27,31 sec | Alfonso, Angels | 1977 | 1992 |
| 27,38 sec | Putzmann, Ninja | 1987 | 2003 |
| 27,4 sec | Hallstein, Sabine | 1970 | 1985 |
| 27,5 sec | Falkenstein, Gabriele | 1973 | 1990 |
| 27,6 sec | Weyer, Marlen | 1973 | 1992 |

| 400 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 56,2 sec | Borchert, Manuela | 1963 | 1981 |
| 58,5 sec | Faber, Anke | 1968 | 1984 |
| 58,90 sec | Di Fina, Antonella | 1974 | 1991 |
| 61,4 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 62,1 sec | Kuhn, Elke | 1950 | 1973 |
| 63,0 sec | Danberg, Ulrike | 1955 | 1971 |
| 64,0 sec | Jaisfeld, Angela | 1971 | 1987 |
| 64,1 sec | Hallstein, Sabine | 1970 | 1985 |
| 64,5 sec | Schlingermann, Ursula | 1955 | 1975 |
| 64,9 sec | Fospoth, Diana | 1971 | 1986 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.21,06 min | Schwefer, Vanessa | 1979 | 1994 |
| 2.21,21 min | Di Fina, Antonella | 1974 | 1989 |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.23,1 min | Ludwigs, Nina | 1982 | 1997 |
| 2.23,4 min | Hallstein, Sabine | 1970 | 1984 |
| 2.24,1 min | Danberg, Ulrike | 1955 | 1971 |
| 2.24,8 min | Jaisfeld, Angela | 1971 | 1988 |
| 2.24,95 min | Ponath, Susanne | 1980 | 1995 |
| 2.25,0 min | Faber, Anke | 1968 | 1985 |
| 2.26,94 min | Mäder, Sonja | 1986 | 2000 |

| 1500 m | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 4.59,61 min | Jaisfeld, Angela | 1971 | 1987 |
| 5.15,11 min | Mäder, Sonja | 1986 | 2001 |
| 5.20,0 min | Hallstein, Sabine | 1970 | 1985 |
| 5.22,6 min | Logemann, Monika | 1955 | 1973 |
| 5.23,7 min | Neukirchen, Sabine | 1974 | 1990 |
| 5.28,4 min | Wollenweber, Renate | 1951 | 1969 |
| 5.28,4 min | Demmer, Ludgera | 1965 | 1982 |
| 5.29,3 min | Danberg, Ulrike | 1955 | 1972 |
| 5.31,2 min | Freese, Ursula | 1955 | 1972 |
| 5.33,2 min | Weiß, Petra | 1975 | 1991 |

| 3000 m | | | |
|--------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 10.26,2 min | Wolf, Gabriela | 1960 | 1996 |
| 11.15,8 min | Jaisfeld, Angela | 1971 | 1987 |
| 11.18,69 min | Ludwigs, Nina | 1982 | 1997 |
| 11.21,2 min | Fospoth, Diana | 1971 | 1990 |
| 11.23,78 min | Mäder, Sonja | 1986 | 2001 |
| 11.41,4 min | Neukirchen, Sabine | 1974 | 1990 |
| 12.02,8 min | Demmer, Ludgera | 1965 | 1982 |
| 12.06,66 min | Hallstein, Sabine | 1970 | 1986 |
| 12.29,31 min | Eyssen, Susanne | 1952 | 1999 |
| 12:38,33 min | Kays, Linda | 1979 | 2009 |

| 5000 m | | | |
|--------------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 19.46,13 min | Fospoth, Diana | 1971 | 1990 |
| 20.02,91 min | Jaisfeld, Angela | 1971 | 1990 |

| 5 km | | | |
|------------|----------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 25:10 min. | Stommel, Dorit | 1975 | 2009 |

| 10 km | | | |
|-------|----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 44:27 | Kays, Linda | 1979 | 2009 |
| 49:17 | Schalwat, Sarah | 1984 | 2007 |
| 52:34 | Haaf, Magdalena | 1965 | 2008 |
| 55:53 | Ströttchen, Caroline | 1963 | 2007 |
| 60:45 | Bärens, Silvia | 1958 | 2008 |

| Halbmarathon | | | |
|--------------|----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 1.18,1 h | Wolf, Gabriela | 1960 | 1996 |
| 1:40:51 h | Kays, Linda | 1979 | 2009 |
| 1.44,48 h | Eyssen, Susanne | 1952 | 1900 |
| 1.44,54 h | Schalwat, Sarah | 1984 | 2008 |
| 1.49,43 h | Haaf, Magdalena | 1965 | 2008 |
| 1.49,51 h | Bärens, Silvia | 1958 | 2001 |
| 1.53,47 h | Guttke, Ingrid | 1939 | 1996 |
| 1.56,05 h | Ströttchen, Caroline | 1963 | 2006 |
| 1.57,43 h | Geppert, Manuela | 1901 | 1964 |

| Marathon | | | |
|-----------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 3:33:29 h | Kays, Linda | 1979 | 2009 |
| 3.35,55 h | Eyssen, Susanne | 1952 | 2000 |
| 3.55,10 h | Bärens, Silvia | 1958 | 2001 |
| 3.59,55 h | Haaf, Magdalena | 1965 | 2004 |
| 4.01,30 h | Guttke, Ingrid | 1939 | 1996 |
| 4.09,55 h | Geppert, Manuela | 1964 | 2002 |

| 100 m Hürden | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 16,11 sec | Faber, Anke | 1968 | 1985 |
| 15,9 sec | Di Fina, Antonella | 1974 | 1991 |
| 16,6 sec | Striepecke, Ellen | 1953 | 1970 |
| 16,85 sec | Rübsamen, Katrin | 1975 | 1993 |
| 16,9 sec | Olschimke, Jolanthe | 1971 | 1980 |
| 17,3 sec | Kutz, Ursula | 1952 | 1969 |
| 17,7 sec | Fospoth, Diana | 1971 | 1987 |
| 17,8 sec | Zylla, Nicole | 1974 | 1992 |
| 18,16 sec | Gabauer, Kerstin | 1975 | 1990 |
| 18,25 sec | Alfonso, Angels | 1977 | 1992 |

| 400 m Hürden | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 63,73 sec | Di Fina, Antonella | 1974 | 1991 |
| 66,6 sec | Faber, Anke | 1968 | 1985 |
| 69,25 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 71,7 sec | Jaisfeld, Angela | 1971 | 1988 |
| 74,3 sec | Fospoth, Diana | 1971 | 1987 |
| 76,5 sec | Hallstein, Sabine | 1970 | 1987 |

| 4 x 100 m | | | | | | |
|-----------|--------------|--------------|-------------|-----------|------|--------------|
| Zeit | Namen | | | | Jahr | Klasse |
| 50,5 sec | Hake | Kroniger | Kuhn | Kutz | 1968 | A-Jugend |
| 51,5 sec | Falkenstein | Di Fina | Zylla | Weyer | 1991 | A-Jugend |
| 51,85 sec | Gojdka | Retschat | Pramschüfer | Pfalz | 2003 | Schülerinnen |
| 51,94 sec | Falkenstein | Di Fina | Olschimke | Zylla | 1990 | A-Jugend |
| 52,6 sec | Martin | Faber | Fehrmann | Nieding | 1985 | A-Jugend |
| 53,0 sec | Falkenstein | Weyer | Alfonso | Zylla | 1992 | A-Jugend |
| 53,1 sec | Alfonso | Rübsamen, K. | Brunholt | Lerp | 1993 | A-Jugend |
| 53,3 sec | Rübsamen, J. | Jaisfeld | Olschimke | Hallstein | 1988 | A-Jugend |
| 53,4 sec | Thiele | Kroniger | Wischmeier | Kutz | 1969 | B-Jugend |
| 53,4 sec | Malburg | Fospoth | Olschimke | Rudolf | 1985 | Schülerinnen |

| 3 x 800 m | | | | | |
|-------------|-----------|------------|--------------|------|--------------|
| Zeit | Namen | | | Jahr | Klasse |
| 7.24,51 min | Weiß | Neukirchen | Di Fina | 1990 | |
| 7.24,54 min | Hallstein | Rudolf | Stickel | 1985 | |
| 7.25,30 min | Jaisfeld | Rudolf | Di Fina | 1987 | |
| 7.27,19 min | Jaisfeld | Rudolf | Stickel | 1986 | |
| 7.29,22 min | Ponath | Edling | Schwefer, V. | 1994 | Schülerinnen |
| 7.32,28 min | Fospoth | Di Fina | Katzy | 1989 | |
| 7.32,76 min | Ponath | Scheuer | Wendt | 1995 | Schülerinnen |
| 7.33,28 min | Scheuer | Stickdorn | Khandanpour | 1996 | Schülerinnen |
| 7.34,82 min | Di Fina | Neukirchen | Weiß | 1991 | |
| 7.39,5 min | Katzy | Weiß | Di Fina | 1988 | Schülerinnen |

| Hochsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,68 m | Wreschinski, Sandra | 1979 | 1994 |
| 1,67 m | Soboll, Carolin | 1981 | 1995 |
| 1,65 m | Rübsamen, Katrin | 1975 | 1991 |
| 1,64 m | Weichsel, Claudia | 1961 | 1981 |
| 1,60 m | Lorke, Bettina | 1966 | 1981 |
| 1,58 m | Stief, Julia | 1982 | 1997 |
| 1,57 m | Bomert, Tanja | 1980 | 1995 |
| 1,57 m | Stöber, Inga | 1986 | 2001 |
| 1,56 m | Kaleyta, Susanne | 1966 | 1980 |
| 1,56 m | Gabauer, Kerstin | 1975 | 1991 |
| 1,56 m | Stickdorn, Sarah | 1981 | 1996 |
| 1,56 m | Faustmann, Julia | 1980 | 1994 |
| 1,56 m | Welminski, Daniela | 1979 | 1993 |

| Weitsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,50 m | Wreschinski, Sandra | 1979 | 1994 |
| 5,29 m | Bomert, Tanja | 1980 | 1995 |
| 5,28 m | Weichsel, Claudia | 1961 | 1981 |
| 5,24 m | Welminski, Daniela | 1979 | 1992 |
| 5,23 m | Borchert, Manuela | 1964 | 1981 |
| 5,22 m | Kautz, Michaela | 1980 | 1994 |
| 5,22 m | Soboll, Carolin | 1981 | 1995 |
| 5,22 m | Stief, Julia | 1982 | 1997 |
| 5,22 m | Putzmann, Ninja | 1987 | 2005 |
| 5,19 m | Faber, Anke | 1968 | 1984 |
| 5,18 m | Kroniger, Annegret | 1952 | 1967 |

| Dreisprung | | | |
|------------|------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 11,01 m | Rübsamen, Katrin | 1975 | 1992 |
| 10,60 m | Putzmann, Ninja | 1987 | 2003 |
| 9,93 m | Rink, Anke | 1987 | 2002 |
| 8,96 m | Büscher, Jessica | 1987 | 2002 |

| Kugel | | | |
|----------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 11,71 m | Gabauer, Kerstin | 1975 | 1993 |
| 11,06 m | Keil, Dagmar | 1956 | 1976 |
| 10,99 m | Di Fina, Antonella | 1974 | 1991 |
| 9,68 m | Kuhn, Elke | 1950 | 1968 |
| 9,55 m | Böcker, Anette | 1955 | 1971 |
| 9,52 m | Faber, Anke | 1968 | 1985 |
| 9,38 m | Jäger, Karin | 1955 | 1983 |
| 9,24 m | Rübsamen, Karin | 1975 | 1992 |
| 9,14 m | Olschimke, Jolanthe | 1971 | 1988 |
| 9,04 m | Katzy, Nicole | 1974 | 1993 |

| Diskus | | | |
|----------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 34,94 m | Jäger, Karin | 1955 | 1973 |
| 34,74 m | Böcker, Anette | 1955 | 1972 |
| 30,70 m | Kutz, Ursula | 1952 | 1972 |
| 30,42 m | Gabauer, Kerstin | 1975 | 1990 |
| 30,14 m | Kuhn, Elke | 1950 | 1972 |
| 27,50 m | Di Fina, Antonella | 1974 | 1990 |
| 26,70 m | Rübsamen, Katrin | 1975 | 1993 |
| 25,56 m | Priesberg, Susanne | 1970 | 1986 |
| 25,30 m | Katzy, Nicole | 1974 | 1990 |
| 25,00 m | Erben, Claudia | 1967 | 1982 |

| Speer | | | |
|----------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 36,42 m | Kutz, Ursula | 1952 | 1978 |
| 34,54 m | Kuhn, Elke | 1950 | 1969 |
| 32,44 m | Katzy, Nicole | 1974 | 1992 |
| 32,28 m | Di Fina, Antonella | 1974 | 1990 |
| 31,54 m | Kremser, Annegret | 1966 | 1981 |
| 30,76 m | Rübsamen, Katrin | 1975 | 1992 |
| 30,20 m | Martin, Sabine | 1969 | 1985 |
| 29,10 m | Retschat, Ann-Kathrin | 1989 | 2003 |
| 28,18 m | Olschimke, Jolanthe | 1971 | 1988 |
| 27,81 m | Putzmann, Ninja | 1987 | 2002 |

| Siebenkampf: 100 m Hürden – Hoch – Kugel – 200 m – Weit – Speer – 800 m | | | | | | | | | | |
|---|---------------------|------|------------------|------|------|-------|------|-------|--------|--------|
| Punkte | Name | JG | Einzelleistungen | | | | | | Jahr | |
| | | | 20,0 | 1,64 | 8,59 | 28,4 | 4,95 | 23,50 | | 2.40,4 |
| 3553 | Weichsel, Claudia | 1961 | 20,0 | 1,64 | 8,59 | 28,4 | 4,95 | 23,50 | 2.40,4 | ??? |
| 3328 | Olschimke, Jolanthe | 1971 | 17,5 | 1,40 | 7,77 | 27,90 | 4,68 | 24,84 | 2.52,1 | ??? |

Weibliche Jugend A

| 100 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,1 sec | Kroniger, Annegret | 1952 | 1967 |
| 12,5 sec | Borchert, Manuela | 1963 | 1980 |
| 12,6 sec | Faber, Anke | 1968 | 1985 |
| 12,6 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 12,8 sec | Fospoth, Diana | 1971 | 1985 |
| 12,9 sec | Kuhn, Elke | 1950 | 1967 |
| 12,9 sec | Striepecke, Ellen | 1953 | 1970 |
| 13,18 sec | Putzmann, Ninja | 1987 | 2002 |
| 13,21 sec | Di Fina, Antonella | 1974 | 1990 |
| 13,0 sec | Alfonso, Angels | 1977 | 1992 |

| 200 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 25,2 sec | Borchert, Manuela | 1963 | 1981 |
| 25,8 sec | Kroniger, Annegret | 1952 | 1967 |
| 25,9 sec | Faber, Anke | 1968 | 1985 |
| 26,34 sec | Di Fina, Antonella | 1971 | 1991 |
| 26,5 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 27,31 sec | Alfonso, Angels | 1977 | 1992 |
| 27,38 sec | Putzmann, Ninja | 1987 | 2003 |
| 27,4 sec | Hallstein, Sabine | 1970 | 1985 |
| 27,5 sec | Falkenstein, Gabriele | 1973 | 1990 |
| 27,6 sec | Weyer, Marlen | 1973 | 1992 |

| 400 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 56,2 sec | Borchert, Manuela | 1963 | 1981 |
| 58,5 sec | Faber, Anke | 1968 | 1984 |
| 58,90 sec | Di Fina, Antonella | 1974 | 1991 |
| 61,4 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 63,0 sec | Danberg, Ulrike | 1955 | 1971 |
| 64,0 sec | Jaisfeld, Angela | 1971 | 1987 |
| 64,1 sec | Hallstein, Sabine | 1970 | 1985 |
| 64,9 sec | Fospoth, Diana | 1971 | 1986 |
| 65,0 sec | Böcker, Annette | 1955 | 1971 |
| 66,4 sec | Stickel, Andrea | 1970 | 1985 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.21,06 min | Schwefer, Vanessa | 1979 | 1994 |
| 2.21,21 min | Di Fina, Antonella | 1974 | 1989 |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.23,1 min | Ludwigs, Nina | 1982 | 1997 |
| 2.23,4 min | Hallstein, Sabine | 1970 | 1984 |
| 2.24,1 min | Danberg, Ulrike | 1955 | 1971 |
| 2.24,8 min | Jaisfeld, Angela | 1971 | 1988 |
| 2.24,95 min | Ponath, Susanne | 1980 | 1995 |
| 2.25,0 min | Faber, Anke | 1968 | 1985 |
| 2.26,94 min | Mäder, Sonja | 1986 | 2000 |

| 1500 m | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 4.59,61 min | Jaisfeld, Angela | 1971 | 1987 |
| 5.15,11 min | Mäder, Sonja | 1986 | 2001 |
| 5.20,0 min | Hallstein, Sabine | 1970 | 1985 |
| 5.22,6 min | Logemann, Monika | 1955 | 1973 |
| 5.23,7 min | Neukirchen, Sabine | 1974 | 1990 |
| 5.28,4 min | Wollenweber, Renate | 1951 | 1969 |
| 5.28,4 min | Demmer, Ludgera | 1965 | 1982 |
| 5.29,3 min | Danberg, Ulrike | 1955 | 1972 |
| 5.31,2 min | Freese, Ursula | 1955 | 1972 |
| 5.33,2 min | Weiß, Petra | 1975 | 1991 |

| 3000 m | | | |
|--------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 11.15,8 min | Jaisfeld, Angela | 1971 | 1987 |
| 11.18,69 min | Ludwigs, Nina | 1982 | 1997 |
| 11.21,2 min | Fospoth, Diana | 1971 | 1990 |
| 11.23,78 min | Mäder, Sonja | 1986 | 2001 |
| 11.41,4 min | Neukirchen, Sabine | 1974 | 1990 |
| 12.02,8 min | Demmer, Ludgera | 1965 | 1982 |
| 12.06,66 min | Hallstein, Sabine | 1970 | 1986 |

| 5000 m | | | |
|--------------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 19.46,13 min | Fospoth, Diana | 1971 | 1990 |
| 20.02,91 min | Jaisfeld, Angela | 1971 | 1990 |

| 100 m Hürden | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 16,11 sec | Faber, Anke | 1968 | 1985 |
| 15,9 sec | Di Fina, Antonella | 1974 | 1991 |
| 16,6 sec | Striepecke, Ellen | 1953 | 1970 |
| 16,85 sec | Rübsamen, Katrin | 1975 | 1993 |
| 16,9 sec | Olschimke, Jolanthe | 1971 | 1980 |
| 17,3 sec | Kutz, Ursula | 1952 | 1969 |
| 17,7 sec | Fospoth, Diana | 1971 | 1987 |
| 17,8 sec | Zylla, Nicole | 1974 | 1992 |
| 18,16 sec | Gabauer, Kerstin | 1975 | 1990 |
| 18,25 sec | Alfonso, Angels | 1977 | 1992 |

| 400 m Hürden | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 63,73 sec | Di Fina, Antonella | 1974 | 1991 |
| 66,6 sec | Faber, Anke | 1968 | 1985 |
| 69,25 sec | Olschimke, Jolanthe | 1971 | 1988 |
| 71,7 sec | Jaisfeld, Angela | 1971 | 1988 |
| 74,3 sec | Fospoth, Diana | 1971 | 1987 |
| 76,5 sec | Hallstein, Sabine | 1970 | 1987 |

| Hochsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,68 m | Wreschinski, Sandra | 1979 | 1994 |
| 1,67 m | Soboll, Carolin | 1981 | 1995 |
| 1,65 m | Rübsamen, Katrin | 1975 | 1991 |
| 1,60 m | Lorke, Bettina | 1966 | 1981 |
| 1,58 m | Stief, Julia | 1982 | 1997 |
| 1,57 m | Bomert, Tanja | 1980 | 1995 |
| 1,57 m | Stöber, Inga | 1986 | 2001 |
| 1,56 m | Kaleyta, Susanne | 1966 | 1980 |
| 1,56 m | Gabauer, Kerstin | 1975 | 1991 |
| 1,56 m | Stickdorn, Sarah | 1981 | 1996 |
| 1,56 m | Faustmann, Julia | 1980 | 1994 |
| 1,56 m | Welminski, Daniela | 1979 | 1993 |

| Weitsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,50 m | Wreschinski, Sandra | 1979 | 1994 |
| 5,29 m | Bomert, Tanja | 1980 | 1995 |
| 5,24 m | Welminski, Daniela | 1979 | 1992 |
| 5,23 m | Borchert, Manuela | 1964 | 1981 |
| 5,22 m | Kautz, Michaela | 1980 | 1994 |
| 5,22 m | Soboll, Carolin | 1981 | 1995 |
| 5,22 m | Stief, Julia | 1982 | 1997 |
| 5,22 m | Putzmann, Ninja | 1987 | 2005 |
| 5,19 m | Faber, Anke | 1968 | 1984 |
| 5,18 m | Kroniger, Annegret | 1952 | 1967 |

| Dreisprung | | | |
|------------|------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 11,01 m | Rübsamen, Katrin | 1975 | 1992 |
| 10,60 m | Putzmann, Ninja | 1987 | 2003 |
| 9,93 m | Rink, Anke | 1987 | 2002 |
| 8,96 m | Büscher, Jessica | 1987 | 2002 |

| Kugel | | | |
|----------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 11,71 m | Gabauer, Kerstin | 1975 | 1993 |
| 10,99 m | Di Fina, Antonella | 1974 | 1991 |
| 10,46 m | Keil, Dagmar | 1956 | 1974 |
| 9,68 m | Kuhn, Elke | 1950 | 1968 |
| 9,55 m | Böcker, Anette | 1955 | 1971 |
| 9,52 m | Faber, Anke | 1968 | 1985 |
| 9,38 m | Jäger, Karin | 1955 | 1983 |
| 9,24 m | Rübsamen, Karin | 1975 | 1992 |
| 9,14 m | Olschimke, Jolanthe | 1971 | 1988 |
| 9,04 m | Katzy, Nicole | 1974 | 1993 |

| Diskus | | | |
|----------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 34,94 m | Jäger, Karin | 1955 | 1973 |
| 34,74 m | Böcker, Anette | 1955 | 1972 |
| 30,42 m | Gabauer, Kerstin | 1975 | 1990 |
| 29,98 m | Kuhn, Elke | 1950 | 1968 |
| 27,50 m | Di Fina, Antonella | 1974 | 1990 |
| 27,11 m | Kutz, Ursula | 1952 | 1969 |
| 26,70 m | Rübsamen, Katrin | 1975 | 1993 |
| 25,56 m | Priesberg, Susanne | 1970 | 1986 |
| 25,30 m | Katzy, Nicole | 1974 | 1990 |
| 25,00 m | Erben, Claudia | 1967 | 1982 |

| Speer | | | |
|----------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 34,54 m | Kuhn, Elke | 1950 | 1969 |
| 32,44 m | Katzy, Nicole | 1974 | 1992 |
| 32,28 m | Di Fina, Antonella | 1974 | 1990 |
| 31,54 m | Kremser, Annegret | 1966 | 1981 |
| 30,76 m | Rübsamen, Katrin | 1975 | 1992 |
| 30,20 m | Martin, Sabine | 1969 | 1985 |
| 29,10 m | Retschat, Ann-Kathrin | 1989 | 2003 |
| 28,34 m | Kutz, Ursula | 1952 | 1969 |
| 28,18 m | Olschimke, Jolanthe | 1971 | 1988 |
| 27,81 m | Putzmann, Ninja | 1987 | 2002 |

| 4x100 m | | | | | | |
|---------|--------------|--------------|-------------|-----------|------|--------------|
| Zeit | Namen | | | | Jahr | Klasse |
| 50,5 | Hake | Kroniger | Kuhn | Kutz | 1968 | A-Jugend |
| 51,5 | Falkenstein | Di Fina | Zylla | Weyer | 1991 | A-Jugend |
| 51,85 | Gojdka | Retschat | Pramschüfer | Pfalz | 2003 | Schülerinnen |
| 51,94 | Falkenstein | Di Fina | Olschimke | Zylla | 1990 | A-Jugend |
| 52,6 | Martin | Faber | Fehrmann | Nieding | 1985 | A-Jugend |
| 53,0 | Falkenstein | Weyer | Alfonso | Zylla | 1992 | A-Jugend |
| 53,1 | Alfonso | Rübsamen, K. | Brunholt | Lerp | 1993 | A-Jugend |
| 53,3 | Rübsamen, J. | Jaisfeld | Olschimke | Hallstein | 1988 | A-Jugend |
| 53,4 | Thiele | Kroniger | Wischmeier | Kutz | 1969 | B-Jugend |
| 53,4 | Malburg | Fospoth | Olschimke | Rudolf | 1985 | Schülerinnen |

| 3 x 800 m | | | | | |
|-----------|-----------|------------|--------------|------|--------------|
| Zeit | Namen | | | Jahr | Klasse |
| 7.24,51 | Weiß | Neukirchen | Di Fina | 1990 | |
| 7.24,54 | Hallstein | Rudolf | Stickel | 1985 | |
| 7.25,30 | Jaisfeld | Rudolf | Di Fina | 1987 | |
| 7.27,19 | Jaisfeld | Rudolf | Stickel | 1986 | |
| 7.29,22 | Ponath | Edling | Schwefer, V. | 1994 | Schülerinnen |
| 7.32,28 | Fospoth | Di Fina | Katzy | 1989 | |
| 7.32,76 | Ponath | Scheuer | Wendt | 1995 | Schülerinnen |
| 7.33,28 | Scheuer | Stickdorn | Khandanpour | 1996 | Schülerinnen |
| 7.34,82 | Di Fina | Neukirchen | Weiß | 1991 | |
| 7.39,5 | Katzy | Weiß | Di Fina | 1988 | Schülerinnen |

| Siebenkampf: 100 m Hürden – Hoch – Kugel – 200 m – Weit – Speer – 800 m | | | | | | | | | | |
|---|---------------------|------|------------------|------|-------|-------|------|-------|---------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | | | Jahr |
| 4427 | Di Fina, Antonella | 1974 | 15,90 | 1,52 | 10,44 | 26,34 | 5,02 | 25,10 | 2.23,13 | 1991 |
| 3822 | Faber, Anke | 1968 | 17,3 | 1,44 | 9,43 | 26,8 | 4,79 | 22,50 | 2.30,5 | 1986 |
| 3686 | Olschimke, Jolanthe | 1971 | 16,9 | 1,42 | 8,63 | 27,1 | 4,93 | 24,24 | 2.43,0 | 1990 |
| 3574 | Rübsamen, Katrin | 1975 | 17,42 | 1,52 | 8,19 | 28,83 | 4,63 | 25,54 | 2.42,23 | 1992 |
| 3221 | Weyer, Marlen | 1973 | 18,44 | 1,43 | 7,37 | 28,1 | 4,82 | 21,08 | 2.49,5 | 1992 |
| 3080 | Jaisfeld, Angela | 1971 | 19,1 | 1,29 | 6,90 | 29,0 | 4,57 | 20,84 | 2.29,05 | 1988 |
| 3024 | Alfonso, Angels | 1977 | 18,25 | 1,24 | 7,30 | 27,31 | 4,04 | 23,08 | 2.45,83 | 1992 |
| 2968 | Katzy, Nicole | 1974 | 19,17 | 1,32 | 7,96 | 30,99 | 4,05 | 31,64 | 2.44,19 | 1992 |
| 2831 | Zylla, Nicole | 1974 | 18,38 | 1,36 | 6,25 | 29,97 | 4,31 | 19,64 | 3.01,29 | 1991 |
| 2564 | Rübsamen, Inga | 1973 | 19,1 | 1,43 | 8,16 | 31,5 | 4,02 | 18,52 | 3.06,0 | 1992 |

| Siebenkampf - Mannschaft | | | | |
|--------------------------|----------|----------|----------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Jahr |
| 9910 | Di Fina | Weyer | Zylla | 1992 |

Weibliche Jugend B

| 100 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,1 sec | Kroniger, Annegret | 1952 | 1967 |
| 12,8 sec | Borchert, Manuela | 1963 | 1978 |
| 12,8 sec | Faber, Anke | 1968 | 1984 |
| 12,8 sec | Olschimke, Jolanthe | 1971 | 1985 |
| 12,8 sec | Fospoth, Diana | 1971 | 1985 |
| 12,9 sec | Striepecke, Ellen | 1953 | 1970 |
| 13,18 sec | Putzmann, Ninja | 1987 | 2002 |
| 13,21 sec | Di Fina, Antonella | 1974 | 1990 |
| 13,0 sec | Kuhn, Elke | 1950 | 1965 |
| 13,0 sec | Alfonso, Angels | 1977 | 1992 |

| 200 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 25,8 sec | Borchert, Manuela | 1963 | 1979 |
| 25,8 sec | Kroniger, Annegret | 1952 | 1967 |
| 26,4 sec | Faber, Anke | 1968 | 1984 |
| 27,31 sec | Alfonso, Angels | 1977 | 1992 |
| 27,1 sec | Olschimke, Jolanthe | 1971 | 1986 |
| 27,38 sec | Putzmann, Ninja | 1987 | 2003 |
| 27,4 sec | Hallstein, Sabine | 1970 | 1985 |
| 27,7 sec | Striepecke, Ellen | 1953 | 1970 |
| 28,3 sec | Nischik, Elke | 1966 | 1981 |
| 28,5 sec | Priesberg, Susanne | 1970 | 1985 |

| 400 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 58,5 sec | Faber, Anke | 1968 | 1984 |
| 63,0 sec | Danberg, Ulrike | 1955 | 1971 |
| 63,8 sec | Olschimke, Jolanthe | 1971 | 1986 |
| 64,0 sec | Jaisfeld, Angela | 1971 | 1987 |
| 64,1 sec | Hallstein, Sabine | 1970 | 1985 |
| 64,95 sec | Putzmann, Vivien | 1993 | 2009 |
| 64,9 sec | Fospoth, Diana | 1971 | 1986 |
| 65,0 sec | Böcker, Annette | 1955 | 1971 |
| 66,4 sec | Stickel, Andrea | 1970 | 1985 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.21,06 min | Schwefer, Vanessa | 1979 | 1994 |
| 2.21,21 min | Di Fina, Antonella | 1974 | 1989 |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.23,1 min | Ludwigs, Nina | 1982 | 1997 |
| 2.23,4 min | Hallstein, Sabine | 1970 | 1984 |
| 2.24,1 min | Danberg, Ulrike | 1955 | 1971 |
| 2.24,95 min | Ponath, Susanne | 1980 | 1995 |
| 2.25,03 min | Jaisfeld, Angela | 1971 | 1987 |
| 2.26,94 min | Mäder, Sonja | 1986 | 2000 |
| 2.27,6 min | Weiß, Petra | 1975 | 1990 |

| 1500 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 4.59,61 min | Jaisfeld, Angela | 1971 | 1987 |
| 5.15,11 min | Mäder, Sonja | 1986 | 2001 |
| 5.20,0 min | Hallstein, Sabine | 1970 | 1985 |
| 5.23,7 min | Neukirchen, Sabine | 1974 | 1990 |
| 5.33,2 min | Weiß, Petra | 1975 | 1991 |
| 5.50,6 min | Imoor, Sabine | 1957 | 1972 |
| 5.51,2 min | Haien, Sabine | 1961 | 1976 |
| 5.55,4 min | Katzy, Nicole | 1974 | 1990 |

| 3000 m | | | |
|--------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 11.15,8 min | Jaisfeld, Angela | 1971 | 1987 |
| 11.18,69 min | Ludwigs, Nina | 1982 | 1997 |
| 11.23,78 min | Mäder, Sonja | 1986 | 2001 |
| 11.41,4 min | Neukirchen, Sabine | 1974 | 1990 |
| 12.06,66 min | Hallstein, Sabine | 1970 | 1986 |
| 12.35,6 min | Weiß, Petra | 1975 | 1991 |
| 12.59,2 min | Borger, Kerstin | 1976 | 1991 |

| 100 m Hürden | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 15,58 sec | Di Fina, Antonella | 1974 | 1990 |
| 15,6 sec | Faber, Anke | 1968 | 1984 |
| 16,2 sec | Rübsamen, Katrin | 1975 | 1991 |
| 16,5 sec | Gabauer, Kerstin | 1975 | 1991 |
| 16,7 sec | Fospoth, Diana | 1971 | 1987 |
| 16,96 sec | Groß, Christina | 1992 | 2008 |
| 16,9 sec | Alfonso, Angels | 1977 | 1992 |
| 17,3 sec | Martin, Sabine | 1969 | 1985 |
| 17,4 sec | Borchert, Manuela | 1963 | 1979 |
| 17,6 sec | Olschimke, Jolanthe | 1971 | 1986 |

| 400 m Hürden | | | |
|--------------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 72,88 sek. | Putzmann, Vivien | 1993 | 2009 |

| Hochsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,68 m | Wreschinski, Sandra | 1979 | 1994 |
| 1,67 m | Soboll, Carolin | 1981 | 1995 |
| 1,65 m | Rübsamen, Katrin | 1975 | 1991 |
| 1,60 m | Lorke, Bettina | 1966 | 1981 |
| 1,58 m | Stief, Julia | 1982 | 1997 |
| 1,57 m | Bomert, Tanja | 1980 | 1995 |
| 1,57 m | Stöber, Inga | 1986 | 2001 |
| 1,56 m | Kaleyta, Susanne | 1966 | 1980 |
| 1,56 m | Gabauer, Kerstin | 1975 | 1991 |
| 1,56 m | Stickdorn, Sarah | 1981 | 1996 |
| 1,56 m | Faustmann, Julia | 1980 | 1994 |
| 1,56 m | Welminski, Daniela | 1979 | 1993 |

| Weitsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,50 m | Wreschinski, Sandra | 1979 | 1994 |
| 5,29 m | Bomert, Tanja | 1980 | 1995 |
| 5,24 m | Welminski, Daniela | 1979 | 1992 |
| 5,22 m | Kautz, Michaela | 1980 | 1994 |
| 5,22 m | Soboll, Carolin | 1981 | 1995 |
| 5,22 m | Stief, Julia | 1982 | 1997 |
| 5,19 m | Faber, Anke | 1968 | 1984 |
| 5,18 m | Putzmann, Ninja | 1987 | 2002 |
| 5,15 m | Faustmann, Julia | 1980 | 1994 |
| 5,14 m | Bomert, Daniela | 1981 | 1995 |
| 5,14 m | Stickdorn, Sarah | 1981 | 1996 |
| 5,14 m | Bojarczin, Anika | 1982 | 1997 |

| Dreisprung | | | |
|------------|-----------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 9,44 m | Groß, Christina | 1992 | 2008 |

| Kugel | | | |
|----------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 11,49 m | Gabauer, Kerstin | 1975 | 1991 |
| 10,44 m | Rink, Anke | 1987 | 2004 |
| 10,39 m | Keil, Dagmar | 1956 | 1972 |
| 10,29 m | Di Fina, Antonella | 1974 | 1990 |
| 9,55 m | Böcker, Annette | 1955 | 1971 |
| 8,86 m | Faber, Anke | 1968 | 1984 |
| 8,78 m | Büscher, Jessica | 1987 | 2003 |
| 8,47 m | Olschimke, Jolanthe | 1971 | 1987 |
| 8,35 m | Erben, Claudia | 1966 | 1982 |
| 8,34 m | Kroniger, Annegret | 1952 | 1968 |

| Diskus | | | |
|----------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 32,16 m | Böcker, Annette | 1955 | 1972 |
| 30,42 m | Gabauer, Kerstin | 1975 | 1990 |
| 27,50 m | Di Fina, Antonella | 1974 | 1990 |
| 25,87 m | Kuhn, Elke | 1950 | 1966 |
| 25,56 m | Priesberg, Susanne | 1970 | 1986 |
| 25,30 m | Katzy, Nicole | 1974 | 1990 |
| 25,00 m | Erben, Claudia | 1967 | 1982 |
| 24,90 m | Kroniger, Annegret | 1952 | 1968 |
| 24,88 m | Kutz, Ursula | 1952 | 1968 |
| 23,98 m | Kremser, Annegret | 1966 | 1981 |

| Speer | | | |
|----------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 32,28 m | Di Fina, Antonella | 1974 | 1990 |
| 31,54 m | Kremser, Annegret | 1966 | 1981 |
| 30,21 m | Kuhn, Elke | 1950 | 1966 |
| 30,20 m | Martin, Sabine | 1969 | 1985 |
| 29,96 m | Katzy, Nicole | 1974 | 1989 |
| 29,10 m | Retschat, Ann-Kathrin | 1989 | 2003 |
| 28,38 m | Rübsamen, Katrin | 1975 | 1991 |
| 27,81 m | Putzmann, Ninja | 1987 | 2002 |
| 27,72 m | Gabauer, Kerstin | 1975 | 1991 |
| 27,14 m | Rink, Anke | 1987 | 2003 |

| 4 x 100 m | | | | | | |
|-----------|-------------|-----------|-------------|-----------|------|--------------|
| Zeit | Namen | | | | Jahr | Klasse |
| 51,85 | Gojdka | Retschat | Pramschüfer | Pfalz | 2003 | Schülerinnen |
| 53,4 | Thiele | Kroniger | Wischmeier | Kutz | 1968 | |
| 53,4 | Fospoth | Hallstein | Priesberg | Stickel | 1984 | Schülerinnen |
| 53,7 | Falkenstein | Di Fina | Olschimke | Fospoth | 1987 | |
| 53,8 | Malburg | Fospoth | Olschimke | Rudolf | 1985 | Schülerinnen |
| 53,8 | Hoffmann | Hallstein | Stickel | Priesberg | 1985 | |
| 53,9 | Fospoth | Jaisfeld | Olschimke | Priesberg | 1986 | |
| 54,5 | Weiß | Gabauer | Iwan | Rübsamen | 1991 | |
| 54,9 | Hoffmann | Faber | Horydonk | Nieding | 1984 | |
| 55,06 | Meures | Putzmann | Stöber | Mäder | 2000 | Schülerinnen |

| 3 x 800 m | | | | | |
|-----------|-----------|------------|--------------|------|--------------|
| Zeit | Namen | | | Jahr | Klasse |
| 7.24,51 | Weiß | Neukirchen | Di Fina | 1990 | |
| 7.24,54 | Hallstein | Rudolf | Stickel | 1985 | |
| 7.25,30 | Jaisfeld | Rudolf | Di Fina | 1987 | |
| 7.27,19 | Jaisfeld | Rudolf | Stickel | 1986 | |
| 7.29,22 | Ponath | Edling | Schwefer, V. | 1994 | Schülerinnen |
| 7.32,76 | Ponath | Scheuer | Wendt | 1995 | Schülerinnen |
| 7.33,28 | Scheuer | Stickdorn | Khandanpour | 1996 | Schülerinnen |
| 7.39,5 | Katzy | Weiß | Di Fina | 1989 | |
| 7.50,0 | Kramer | Jaisfeld | Rudolf | 1985 | Schülerinnen |
| 7.51,8 | Danberg | Böcker | Brodersen | 1971 | |

| Siebenkampf: 100 m Hürden – Hoch – Kugel – 100 m – Weit – Speer – 800 m | | | | | | | | | | |
|---|--------------------|------|------------------|------|-------|-------|------|-------|---------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | | | Jahr |
| 4208 | Di Fina, Antonella | 1974 | 15,69 | 1,47 | 9,75 | 13,53 | 4,71 | 29,68 | 2.27,79 | 1990 |
| 3711 | Gabauer, Kerstin | 1975 | 16,5 | 1,52 | 10,54 | 14,2 | 4,40 | 27,72 | 2.46,4 | 1991 |
| 3676 | Rübsamen, Katrin | 1975 | 16,2 | 1,58 | 8,31 | 14,5 | 4,56 | 28,38 | 2.46,4 | 1991 |
| 3676 | Putzmann, Ninja | 1987 | 17,97 | 1,48 | 7,19 | 13,39 | 4,90 | 26,18 | 2.37,76 | 2003 |
| 3135 | Alfonso, Angels | 1977 | 16,9 | 1,22 | 7,51 | 13,0 | 3,90 | 21,38 | 2.44,1 | 1992 |
| 2864 | Zylla, Nicole | 1975 | 18,0 | 1,42 | 6,19 | 13,7 | 4,43 | 19,86 | 3.10,6 | 1990 |
| 2734 | Falkenstein, Gaby | 1973 | 18,1 | 1,26 | 5,82 | 13,1 | 4,18 | 13,48 | 2.54,2 | 1989 |
| 2635 | Rübsamen, Inga | 1973 | 19,1 | 1,41 | 6,64 | 14,5 | 4,21 | 16,94 | 3.00,7 | 1988 |
| 2556 | Iwan, Sonja | 1975 | 21,5 | 1,31 | 6,60 | 13,6 | 4,04 | 17,54 | 2.49,9 | 1991 |

| Siebenkampf - Mannschaft | | | | |
|--------------------------|----------|----------|--------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Jahr |
| 11095 | Di Fina | Gabauer | Rübsamen, K. | 1990 |
| 9943 | Gabauer | Rübsamen | Iwan | 1991 |

Schülerinnen A – W 15

| 100 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,1 sec | Kroniger, Annegret | 1952 | 1967 |
| 12,8 sec | Olschimke, Jolanthe | 1971 | 1985 |
| 12,8 sec | Fospoth, Diana | 1971 | 1985 |
| 13,18 sec | Putzmann, Ninja | 1987 | 2002 |
| 13,0 sec | Kuhn, Elke | 1950 | 1965 |
| 13,0 sec | Faber, Anke | 1968 | 1982 |
| 13,2 sec | Keil, Dagmar | 1956 | 1970 |
| 13,2 sec | Priesberg, Susanne | 1970 | 1984 |
| 13,51 sec | Droste, Leonie | 1992 | 2007 |
| 13,4 sec | Eckhoff, Nicole | 1966 | 1980 |
| 13,4 sec | Nischik, Elke | 1966 | 1980 |
| 13,4 sec | Linauer, Marianne | 1969 | 1983 |
| 13,4 sec | Kutz, Ursula | 1952 | 1967 |
| 13,4 sec | Di Fina, Antonella | 1974 | 1987 |
| 13,4 sec | Falkenstein, Gaby | 1973 | 1987 |

| 300 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 44,17 sec | Putzmann, Ninja | 1987 | 2002 |
| 45,52 sec | Droste, Leonie | 1992 | 2007 |
| 45,56 sec | Gojdka, Lea-Maria | 1989 | 2003 |
| 45,69 sec | Mäder, Sonja | 1986 | 2001 |
| 46,94 sec | Retschat, Ann-Kathrin | 1989 | 2003 |
| 48,86 sec | Rink, Anke | 1987 | 2001 |
| 49,60 sec | Büscher, Jessica | 1987 | 2001 |
| 52,52 sec | Putzmann, Vivien | 1992 | 2007 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.21,06 min | Schwefer, Vanessa | 1979 | 1994 |
| 2.21,21 min | Di Fina, Antonella | 1974 | 1989 |
| 2.23,1 min | Ludwigs, Nina | 1982 | 1997 |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.23,4 min | Hallstein, Sabine | 1970 | 1984 |
| 2.24,95 min | Ponath, Susanne | 1980 | 1995 |
| 2.26,94 min | Mäder, Sonja | 1986 | 2000 |
| 2.27,1 min | Edling, Daniela | 1979 | 1994 |
| 2.27,6 min | Weiß, Petra | 1975 | 1990 |
| 2.27,96 min | Gojdka, Lea-Maria | 1989 | 2003 |

| 2000 m | | | |
|---------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 6.57,01 | Rudolf, Miriam | 1972 | 1985 |
| 7.10,40 | Wendt, Nina | 1980 | 1995 |
| 7.10,9 | Hallstein, Sabine | 1970 | 1984 |
| 7.16,10 | Mäder, Sonja | 1986 | 2000 |
| 7.18,22 | Tietz, Kerstin | 1982 | 1996 |
| 7.22,12 | Le Dandeck, Judith | 1979 | 1994 |
| 7.23,71 | Weiß, Petra | 1975 | 1988 |
| 7.24,03 | Scheuer, Inga | 1981 | 1996 |
| 7.30,2 | Schwefer, Vanessa | 1979 | 1994 |
| 7.39,34 | Ponath, Susanne | 1980 | 1994 |

| 3000 m | | | |
|--------------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 11.18,69 min | Ludwigs, Nina | 1982 | 1997 |
| 11.23,78 min | Mäder, Sonja | 1986 | 2001 |
| 12.29,53 min | Putzmann, Vivien | 1993 | 2008 |

| 300 m Hürden | | | |
|--------------|------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 50,59 sec | Putzmann, Vivien | 1993 | 2008 |
| 57,73 sec | Mäder, Sonja | 1986 | 2001 |
| 61,18 sek. | Krämer, Michelle | 1994 | 2009 |

| 80 m Hürden | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,00 sec | Wreschinski, Sandra | 1979 | 1994 |
| 12,22 sec | Stickdorn, Sarah | 1981 | 1996 |
| 12,1 sec | Faustmann, Julia | 1980 | 1995 |
| 12,1 sec | Kordts, Kathrin | 1981 | 1996 |
| 12,2 sec | Teichert, Alexandra | 1980 | 1995 |
| 12,63 sec | Welminski, Daniela | 1979 | 1993 |
| 12,67 sec | Kordts, Julia | 1979 | 1994 |
| 12,74 sec | Schwefer, Carolin | 1981 | 1996 |
| 12,79 sec | Bomert, Tanja | 1980 | 1995 |
| 12,91 sec | Brzosko, Agnes | 1980 | 1995 |

| 4 x 100 m | | | | | |
|-----------|-------------|-------------|-----------|--------------|------|
| Zeit | Namen | | | | Jahr |
| 53,57 sec | Putzmann | Stöber | Meures | Rink | 2001 |
| 53,4 sec | Fospoth | Hallstein | Priesberg | Stickel | 1984 |
| 53,4 sec | Malburg | Fospoth | Olschimke | Rudolf | 1985 |
| 54,79 sec | Römpke | Rink | Putzmann | Büscher | 2002 |
| 55,2 sec | Falkenstein | Di Fina | Katzy | Rübsamen, I. | 1987 |
| 56,20 sec | Eiche | Haake | Kahrweg | Putzmann | 2008 |
| 57,61 sec | Brandau | Feindiecker | Koch | Perse | 2005 |

| 3 x 800 m | | | | |
|-------------|------------|--------------|-------------|------|
| Zeit | Namen | | | Jahr |
| 7.29,22 min | Ponath | Edling | Schwefer | 1994 |
| 7.32,76 min | Ponath | Scheuer | Wendt | 1995 |
| 7.33,28 min | Scheuer | Stickdorn | Khandanpour | 1996 |
| 7.39,5 min | Di Fina | Weiß | Katzy | 1988 |
| 7.39,5 min | Edling | Schwefer | Ponath | 1993 |
| 7.50,0 min | Kramer | Jaisfeld | Rudolph | 1985 |
| 7.52,40 min | Kordts, K. | Bomert, T. | Brzosko | 1995 |
| 7.52,2 min | Weiß | Rübsamen, K. | Gabauer | 1989 |
| 7.52,65 min | Brzosko | Bomert, T. | Faustmann | 1994 |
| 8.03,2 min | Rother | Iwan | Weiß | 1987 |

| Hochsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,68 m | Wreschinski, Sandra | 1979 | 1994 |
| 1,67 m | Soboll, Carolin | 1981 | 1995 |
| 1,60 m | Lorke, Bettina | 1966 | 1981 |
| 1,58 m | Stief, Julia | 1982 | 1997 |
| 1,57 m | Bomert, Tanja | 1980 | 1995 |
| 1,56 m | Kaleyta, Susanne | 1966 | 1989 |
| 1,56 m | Welminski, Daniela | 1979 | 1993 |
| 1,56 m | Faustmann, Julia | 1980 | 1994 |
| 1,56 m | Stickdorn, Sarah | 1981 | 1996 |
| 1,55 m | Rübsamen, Katrin | 1975 | 1989 |

| Weitsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,50 m | Wreschinski, Sandra | 1979 | 1994 |
| 5,29 m | Bomert, Tanja | 1980 | 1995 |
| 5,24 m | Welminski, Daniela | 1979 | 1993 |
| 5,22 m | Kautz, Michaela | 1980 | 1994 |
| 5,22 m | Soboll, Carolin | 1981 | 1995 |
| 5,22 m | Stief, Julia | 1982 | 1997 |
| 5,18 m | Kroniger, Annegret | 1952 | 1967 |
| 5,15 m | Faustmann, Julia | 1980 | 1994 |
| 5,14 m | Bomert, Daniela | 1981 | 1995 |
| 5,14 m | Stickdorn, Sarah | 1981 | 1996 |
| 5,14 m | Bojarzyn, Anika | 1982 | 1997 |

| Dreisprung | | | |
|------------|------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 10,49 m | Putzmann, Ninja | 1987 | 2002 |
| 9,93 m | Rink, Anke | 1987 | 2002 |
| 8,96 m | Büscher, Jessica | 1987 | 2002 |

| Kugel | | | |
|----------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 13,34 m | Soboll, Carolin | 1981 | 1996 |
| 13,07 m | Morgner, Carolin | 1979 | 1994 |
| 11,84 m | Rink, Anke | 1987 | 2002 |
| 11,35 m | Schneider, Nadine | 1979 | 1994 |
| 11,35 m | Faustmann, Julia | 1980 | 1995 |
| 11,31 m | Di Fina, Antonella | 1974 | 1988 |
| 11,13 m | Kautz, Michaela | 1980 | 1995 |
| 10,96 m | Possehl, Anneke | 1983 | 1998 |
| 10,92 m | Wreschinski, Sandra | 1979 | 1994 |
| 10,64 m | Gabauer, Kerstin | 1975 | 1989 |

| Diskus 1 kg | | | |
|-------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 25,18 m | Rink, Anke | 1987 | 2002 |
| 22,69 m | Mroz, Sabine | 1985 | 2000 |
| 22,48 m | Fospoth, Diana | 1971 | 1985 |
| 22,22 m | Erben, Claudia | 1961 | 1981 |
| 21,89 m | Putzmann, Ninja | 1987 | 2002 |
| 21,84 m | Priesberg, Susanne | 1970 | 1984 |
| 21,52 m | Di Fina, Antonella | 1974 | 1987 |
| 21,12 m | Martin, Sabine | 1969 | 1983 |
| 20,42 m | Büscher, Jessica | 1987 | 2001 |
| 20,35 m | Kremser, Annegret | 1966 | 1980 |

| Speer 600 gr. | | | |
|---------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 29,10 m | Retschat, Ann-Kathrin | 1989 | 2003 |
| 27,96 m | Di Fina, Antonella | 1974 | 1987 |
| 27,81 m | Putzmann, Ninja | 1987 | 2002 |
| 27,66 m | Kremser, Annegret | 1966 | 1980 |
| 26,90 m | Katzy, Nicole | 1974 | 1987 |
| 26,29 m | Martin, Sabine | 1969 | 1983 |
| 25,89 m | Rink, Anke | 1987 | 2001 |
| 24,14 m | Mroz, Sabine | 1985 | 2000 |
| 24,07 m | Stöber, Inga | 1986 | 2001 |
| 24,00 m | Fospoth, Diana | 1971 | 1985 |

| Vierkampf: 75/100 m – Hoch – Kugel – Weit | | | | | | | |
|---|--------------------|------|------------------|------|-------|------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 2006 | Bomert, Tanja | 1980 | 10,58 | 1,57 | 8,73 | 5,20 | 1995 |
| 1967 | Di Fina, Antonella | 1974 | 10,1 | 1,47 | 10,93 | 4,36 | 1988 |
| 1962 | Kautz, Michaela | 1980 | 10,2 | 1,39 | 10,01 | 5,01 | 1995 |
| 1928 | Gabauer, Kerstin | 1975 | 10,64 | 1,54 | 9,43 | 4,44 | 1989 |
| 1923 | Rink, Anke | 1987 | 14,21 | 1,44 | 10,97 | 4,45 | 2001 |
| 1914 | Fospoth, Diana | 1971 | 12,8 | 1,38 | 8,77 | 4,57 | 1985 |
| 1877 | Welminski, Daniela | 1979 | 10,5 | 1,56 | 6,84 | 5,00 | 1993 |
| 1858 | Stickdorn, Sarah | 1981 | 10,40 | 1,40 | 8,27 | 4,80 | 1995 |
| 1856 | Priesberg, Susanne | 1970 | 13,2 | 1,42 | 7,43 | 4,67 | 1984 |
| 1856 | Putzmann, Ninja | 1987 | 13,73 | 1,36 | 8,60 | 4,76 | 2002 |

| Vierkampf-Mannschaft | | | | | | |
|----------------------|-----------|--------------|--------------|----------|-------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 8710 | Welminski | Brzosko | Schwefer, V. | Broncel | Schikowski | 1993 |
| 8622 | Said | Breuer | Marquardt | Helmer | Asbrock | 1998 |
| 8443 | Di Fina | Katzy | Rübsamen, K. | Gabauer | Zylla | 1988 |
| 8401 | Gabauer | Rübsamen, K. | Szymenderski | Iwan | Weiß | 1989 |
| 8397 | Fospoth | Olschimke | Rudolf | Kramer | Malburg, A. | 1985 |

| Siebenkampf | | | | | | | | | | |
|-------------|---------------------|------|---------|------|-------|-------|------|------------------|---------|------|
| Punkte | Name | JG | 80 m H. | Hoch | Kugel | 75 m | Weit | Speer | 800 m | Jahr |
| 3837 | Wreschinski, Sandra | 1979 | 12,0 | 1,62 | 10,92 | 9,80 | 5,32 | 35,72 | 2.37,44 | 1994 |
| 3755 | Soboll, Carolin | 1981 | 13,23 | 1,66 | 12,53 | 10,38 | 5,12 | 36,34 | 2.38,48 | 1996 |
| 3624 | Faustmann, Julia | 1980 | 12,52 | 1,56 | 10,65 | 10,09 | 4,88 | 31,64 | 2.41,07 | 1995 |
| 3596 | Stickdorn, Sarah | 1981 | 12,45 | 1,54 | 9,68 | 10,16 | 4,74 | 29,10 | 2.28,80 | 1996 |
| 3523 | Kordts, Julia | 1979 | 12,78 | 1,52 | 8,28 | 10,36 | 5,01 | 34,48 | 2.35,42 | 1994 |
| 3470 | Kautz, Michaela | 1980 | 13,43 | 1,42 | 11,13 | 10,21 | 4,95 | 35,74 | 2.55,39 | 1995 |
| 3389 | Brzosko, Agnes | 1980 | 12,91 | 1,46 | 8,38 | 10,28 | 5,10 | 24,18 | 2.39,02 | 1995 |
| 3344 | Bomert, Tanja | 1980 | 13,14 | 1,52 | 8,64 | 10,70 | 4,75 | 26,96 | 2.53,54 | 1995 |
| 3325 | Broncel, Anna | 1979 | 14,08 | 1,46 | 10,52 | 10,70 | 4,98 | 29,36 | 2.42,20 | 1994 |
| 3245 | Schwefer, Carolin | 1981 | 13,23 | 1,66 | 12,53 | 10,38 | 5,12 | 36,34 | 2.38,48 | 1996 |
| Punkte | Name | JG | 80 m H. | Hoch | Kugel | 100 m | Weit | Speer 600 gr. | 800 m | Jahr |
| 3213 | Putzmann, Ninja | 1987 | 13,52 | 1,40 | 6,78 | 13,41 | 4,87 | 21,76 | 2.40,53 | 2002 |
| 2864 | Büscher, Jessica | 1987 | 14,8 | 1,43 | 9,33 | 14,9 | 4,64 | 21,74 | 3.00,0 | 2001 |

| Siebenkampf-Mannschaft | | | | |
|------------------------|-------------|--------------|------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Jahr |
| 10826 | Soboll | Faustmann | Kautz | 1995 |
| 10609 | Wreschinski | Kordts, J. | Faustmann | 1994 |
| 10072 | Stickdorn | Schwefer, C. | Kordts, K. | 1996 |

| Block Sprint/ Sprung: 75 m – 80 m H – Weit – Hoch – Speer (400gr.) | | | | | | | | | |
|---|---------------------|------|------------------|-------|------|------|-------|------|--|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr | |
| 2797 | Wreschinski, Sandra | 1979 | 9,75 | 12,05 | 5,41 | 1,56 | 31,40 | 1994 | |
| 2707 | Soboll, Carolin | 1981 | 10,22 | 13,48 | 5,16 | 1,64 | 35,22 | 1995 | |
| 2690 | Faustmann, Julia | 1980 | 9,88 | 12,44 | 5,05 | 1,48 | 33,92 | 1995 | |
| 2631 | Kordts, Julia | 1979 | 10,28 | 12,73 | 4,75 | 1,56 | 32,28 | 1994 | |
| 2631 | Bomert, Tanja | 1980 | 10,36 | 12,79 | 5,12 | 1,56 | 29,34 | 1995 | |
| 2597 | Stickdorn, Sarah | 1981 | 10,0 | 12,5 | 4,96 | 1,52 | 28,48 | 1996 | |
| 2559 | Kautz, Michaela | 1980 | 9,7 | 13,4 | 5,18 | 1,44 | 33,88 | 1995 | |
| 2557 | Stief, Julia | 1982 | 10,72 | 13,13 | 4,79 | 1,52 | 34,36 | 1997 | |
| 2505 | Bomert, Daniela | 1981 | 10,1 | 12,8 | 4,92 | 1,44 | 27,38 | 1996 | |
| 2446 | Kordts, Kathrin | 1981 | 10,4 | 12,5 | 4,68 | 1,40 | 27,78 | 1996 | |
| Block Sprint/ Sprung: 100 m – 80 m H – Weit – Hoch – Speer (600gr.) | | | | | | | | | |
| 2517 | Putzmann, Ninja | 1987 | 13,48 | 13,34 | 4,90 | 1,44 | 27,81 | 2002 | |
| 2383 | Stöber, Inga | 1986 | 14,16 | 13,20 | 4,38 | 1,50 | 21,33 | 2001 | |
| 2356 | Rink, Anke | 1987 | 14,00 | 14,12 | 4,28 | 1,46 | 25,89 | 2001 | |
| 2273 | Gojdka, Lea-Maria | 1989 | 13,73 | 13,58 | 4,42 | 1,41 | 15,02 | 2003 | |
| 2076 | Büscher, Jessica | 1987 | 14,98 | 15,75 | 4,18 | 1,38 | 18,99 | 2001 | |
| 1993 | Meures, Julia | 1987 | 15,28 | 15,52 | 3,96 | 1,35 | 16,66 | 2001 | |

| Block Lauf: 75/100 m – 80 m H – Weit – Ball – 2000 m | | | | | | | | |
|--|-----------------------|------|------------------|-------|------|-------|---------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2445 | Putzmann, Ninja | 1987 | 13,49 | 13,55 | 4,89 | 39,5 | 8.09,81 | 2001 |
| 2344 | Schwefer, Vanessa | 1979 | 10,36 | 13,30 | 4,67 | 26,00 | 7.39,16 | 1994 |
| 2217 | Putzmann, Vivien | 1993 | 14,40 | 14,03 | 3,95 | 31,50 | 7:44,4 | 2008 |
| 2203 | Edling, Daniela | 1979 | 10,59 | 15,25 | 4,06 | 32,00 | 7.39,92 | 1994 |
| 2180 | Retschat, Ann-Kathrin | 1989 | 14,09 | 16,35 | 4,10 | 38,0 | 8.00,87 | 2003 |
| 2001 | Hinners, Bianca | 1984 | 11,47 | 15,72 | 4,12 | 27,5 | 8.21,25 | 1998 |
| 1688 | Krämer, Michelle | 1994 | 16,38 | 18,65 | 3,32 | 21,50 | 8:13,35 | 2009 |

| Block Wurf: 75 m – 80 m H – Weit – Kugel – Diskus (750gr.) | | | | | | | | |
|--|------------------|------|------------------|-------|------|-------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2486 | Morgner, Carolin | 1979 | 10,66 | 14,40 | 4,35 | 12,58 | 32,96 | 1994 |
| 2333 | Possehl, Anneke | 1983 | 11,03 | 14,66 | 4,49 | 9,61 | 32,10 | 1998 |
| 2325 | Broncel, Anna | 1979 | 11,00 | 13,8 | 4,56 | 10,13 | 27,42 | 1994 |
| 2320 | Gabauer, Kerstin | 1975 | 10,85 | 14,64 | 4,48 | 9,68 | 28,96 | 1989 |
| 2250 | Katzy, Nicole | 1974 | 10,8 | 14,2 | 4,17 | 8,74 | 30,12 | 1988 |
| 2183 | Jacob, Meike | 1982 | 10,94 | 16,92 | 4,46 | 10,43 | 23,34 | 1997 |
| Block Wurf: 100 m – 80 m H – Weit – Kugel – Diskus (1kg) | | | | | | | | |
| 2383 | Rink, Anke | 1987 | 14,26 | 14,61 | 4,49 | 11,84 | 25,18 | 2002 |
| 2061 | Büscher, Jessica | 1987 | 15,10 | 15,42 | 4,30 | 9,32 | 16,65 | 2001 |

| Block-Mannschaft | | | | | | |
|------------------|-------------|------------|------------|----------|--------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 12986 | Soboll | Faustmann | Bomert, T. | Kautz | Brzosko | 1995 |
| 12837 | Wreschinski | Kordts, J. | Faustmann | Morgner | Welminski | 1994 |
| 12319 | Stickdorn | Bomert, D. | Kordts, K. | Böhnke | Schwefer, C. | 1996 |
| 10924 | Stöber | Durgut | Rink | Putzmann | Büscher | 2001 |
| 10612 | Putzmann | Rink | Büscher | Römpke | Jurkait | 2002 |

Schülerinnen A – W 14

| 100 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,8 sec | Olschimke, Jolanthe | 1971 | 1985 |
| 12,8 sec | Fospoth, Diana | 1971 | 1985 |
| 13,0 sec | Faber, Anke | 1968 | 1982 |
| 13,2 sec | Keil, Dagmar | 1956 | 1970 |
| 13,2 sec | Priesberg, Susanne | 1970 | 1984 |
| 13,58 sec | Gojdka, Lea-Maria | 1989 | 2003 |
| 13,4 sec | Eckhoff, Nicole | 1966 | 1980 |
| 13,4 sec | Nischik, Elke | 1966 | 1980 |
| 13,4 sec | Linauer, Marianne | 1969 | 1983 |
| 13,4 sec | Di Fina, Antonella | 1974 | 1987 |
| 13,4 sec | Falkenstein, Gaby | 1973 | 1987 |
| 13,4 sec | Kutz, Ursula | 1952 | 1967 |

| 300 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 45,56 sec | Gojdka, Lea-Maria | 1989 | 2003 |
| 46,29 sec | Mäder, Sonja | 1986 | 2000 |
| 46,94 sec | Retschat, Ann-Kathrin | 1989 | 2003 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.23,4 min | Hallstein, Sabine | 1970 | 1984 |
| 2.26,59 min | Di Fina, Antonella | 1974 | 1987 |
| 2.26,94 min | Mäder, Sonja | 1986 | 2000 |
| 2.27,72 min | Ponath, Susanne | 1980 | 1994 |
| 2.27,96 min | Gojdka, Lea-Maria | 1989 | 2003 |
| 2.29,5 min | Faber, Anke | 1968 | 1982 |
| 2.30,72 min | Ludwigs, Nina | 1982 | 1996 |
| 2.30,83 min | Tietz, Kerstin | 1982 | 1996 |
| 2.30,9 min | Weiß, Petra | 1975 | 1988 |

| 2000 m | | | |
|---------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 6.57,01 | Rudolf, Miriam | 1972 | 1985 |
| 7.10,9 | Hallstein, Sabine | 1970 | 1984 |
| 7.16,01 | Mäder, Sonja | 1986 | 2000 |
| 7.18,22 | Tietz, Kerstin | 1982 | 1996 |
| 7.23,71 | Weiß, Petra | 1975 | 1988 |
| 7.34,8 | Jaisfeld, Angela | 1971 | 1985 |
| 7.39,34 | Ponath, Susanne | 1980 | 1994 |
| 7.43,5 | Seiffert, Frauke | 1977 | 1989 |
| 7.48,3 | Di Fina, Antonella | 1974 | 1987 |
| 7.48,4 | Katzy, Nicole | 1974 | 1986 |

| 80 m Hürden | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 12,2 sec | Said, Nowra | 1983 | 1997 |
| 12,63 sec | Welminski, Daniela | 1979 | 1993 |
| 12,66 sec | Kordts, Kathrin | 1981 | 1995 |
| 12,92 sec | Faustmann, Julia | 1980 | 1994 |
| 13,12 sec | Soboll, Carolin | 1981 | 1995 |
| 13,0 sec | Fospoth, Diana | 1971 | 1985 |
| 13,24 sec | Teichert, Alexandra | 1980 | 1994 |
| 13,1 sec | Katzy, Nicole | 1974 | 1988 |
| 13,33 sec | Bomert, Tanja | 1980 | 1994 |
| 13,40 sec | Putzmann, Ninja | 1987 | 2001 |

| Hochsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,67 m | Soboll, Carolin | 1981 | 1995 |
| 1,56 m | Kaleyta, Susanne | 1966 | 1989 |
| 1,56 m | Welminski, Daniela | 1979 | 1993 |
| 1,55 m | Rübsamen, Katrin | 1975 | 1989 |
| 1,54 m | Gabauer, Kerstin | 1975 | 1989 |
| 1,53 m | Stickdorn, Sarah | 1981 | 1995 |
| 1,52 m | Brand, Christina | 1978 | 1992 |
| 1,50 m | Lorke, Bettina | 1966 | 1980 |
| 1,48 m | Stöber, Inga | 1986 | 2000 |
| 1,48 m | Asbrock, Julia | 1983 | 1997 |
| 1,48 m | Said, Noura | 1983 | 1997 |

| Weitsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,24 m | Welminski, Daniela | 1979 | 1993 |
| 5,22 m | Kautz, Michaela | 1980 | 1994 |
| 5,22 m | Soboll, Carolin | 1981 | 1995 |
| 5,15 m | Faustmann, Julia | 1980 | 1994 |
| 5,14 m | Bomert, Daniela | 1981 | 1995 |
| 4,97 m | Modrow, Daniela | 1980 | 1994 |
| 4,97 m | Rink, Anke | 1987 | 2001 |
| 4,95 m | Brand, Christina | 1978 | 1992 |
| 4,92 m | Putzmann, Ninja | 1987 | 2001 |
| 4,90 m | Bomert, Tanja | 1980 | 1994 |

| Kugel | | | |
|----------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 13,14 m | Soboll, Carolin | 1981 | 1995 |
| 11,31 m | Di Fina, Antonella | 1974 | 1988 |
| 10,88 m | Possehl, Anneke | 1983 | 1997 |
| 10,82 m | Keil, Dagmar | 1956 | 1970 |
| 10,64 m | Gabauer, Kerstin | 1975 | 1989 |
| 10,25 m | Katzy, Nicole | 1974 | 1988 |
| 9,55 m | Broncel, Anna | 1979 | 1993 |
| 9,49 m | Büscher, Jessica | 1987 | 2001 |
| 9,48 m | Fospoth, Diana | 1971 | 1985 |
| 9,21 m | Jacob, Meike | 1982 | 1996 |

| Diskus 1kg | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 22,48 m | Fospoth, Diana | 1971 | 1985 |
| 22,22 m | Erben, Claudia | 1967 | 1981 |
| 21,84 m | Priesberg, Susanne | 1970 | 1984 |
| 21,52 m | Di Fina, Antonella | 1974 | 1987 |
| 21,12 m | Martin, Sabine | 1969 | 1983 |
| 20,42 m | Büscher, Jessica | 1987 | 2001 |
| 20,35 m | Kremser, Annegret | 1966 | 1980 |
| 19,52 m | Katzy, Nicole | 1974 | 1987 |
| 18,70 m | Malburg, Anke | 1971 | 1985 |
| 18,70 m | Kroschewski, Erika | 1966 | 1980 |

| Speer (600gr.) | | | |
|----------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 27,96 m | Di Fina, Antonella | 1974 | 1987 |
| 27,66 m | Kremser, Annegret | 1966 | 1980 |
| 26,90 m | Katzy, Nicole | 1974 | 1987 |
| 26,29 m | Martin, Sabine | 1969 | 1983 |
| 25,89 m | Rink, Anke | 1987 | 2001 |
| 24,65 m | Putzmann, Ninja | 1987 | 2001 |
| 24,00 m | Fospoth, Diana | 1971 | 1985 |
| 22,48 m | Kramer, Maren | 1972 | 1986 |
| 21,90 m | Wohlfromm, Daniela | 1964 | 1978 |
| 21,74 m | Büscher, Jessica | 1987 | 2001 |

| Vierkampf: 75/100 m – Hoch – Kugel – Weit | | | | | | | |
|---|--------------------|------|------------------|------|-------|------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 1967 | Di Fina, Antonella | 1974 | 10,1 | 1,47 | 10,93 | 4,36 | 1988 |
| 1928 | Gabauer, Kerstin | 1975 | 10,64 | 1,54 | 9,43 | 4,44 | 1989 |
| 1914 | Fospoth, Diana | 1971 | 12,8 | 1,38 | 8,77 | 4,57 | 1985 |
| 1877 | Welminski, Daniela | 1979 | 10,5 | 1,56 | 6,84 | 5,00 | 1993 |
| 1858 | Stickdorn, Sarah | 1981 | 10,40 | 1,40 | 8,27 | 4,80 | 1995 |
| 1856 | Priesberg, Susanne | 1970 | 13,2 | 1,42 | 7,43 | 4,67 | 1984 |
| 1839 | Faber, Anke | 1968 | 13,2 | 1,44 | 6,79 | 4,68 | 1982 |
| 1826 | Rink, Anke | 1987 | 14,21 | 1,40 | 8,78 | 4,53 | 2001 |
| 1821 | Olschimke, Jolante | 1971 | 13,2 | 1,38 | 8,23 | 4,27 | 1985 |
| 1820 | Kautz, Michaela | 1980 | 10,07 | 1,30 | 8,29 | 4,69 | 1994 |

| Siebenkampf: 80 m H – Hoch – Kugel – 75 m – Weit – Speer (400 gr.) – 800 m | | | | | | | | | | |
|--|------------------|------|------------------|------|-------|-------|------|-------|---------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | | | Jahr |
| 3755 | Soboll, Carolin | 1981 | 13,23 | 1,66 | 12,53 | 10,38 | 5,12 | 36,34 | 2.38,48 | 1995 |
| 3441 | Faustmann, Julia | 1980 | 12,92 | 1,56 | 8,68 | 10,30 | 4,78 | 26,80 | 2.41,02 | 1994 |
| 3261 | Stickdorn, Sarah | 1981 | 13,33 | 1,46 | 8,56 | 10,80 | 4,68 | 23,98 | 2.41,17 | 1995 |
| 3206 | Brzosko, Agnes | 1980 | 14,46 | 1,42 | 7,47 | 10,18 | 4,76 | 22,88 | 2.37,94 | 1994 |
| 3191 | Kautz, Michaela | 1980 | 14,04 | 1,34 | 8,28 | 10,24 | 4,79 | 27,48 | 2.51,94 | 1994 |
| 3154 | Bomert, Tanja | 1980 | 13,62 | 1,42 | 7,81 | 10,84 | 4,52 | 22,92 | 2.41,42 | 1994 |
| 3107 | Stief, Julia | 1983 | 14,53 | 1,42 | 8,69 | 11,12 | 4,68 | 27,88 | 3.00,31 | 1997 |
| 3104 | Kordts, Kathrin | 1981 | 12,86 | 1,30 | 7,55 | 10,50 | 4,14 | 23,28 | 2.35,51 | 1995 |
| Siebenkampf: 80 m H – Hoch – Kugel- 100 m – Weit – Speer (600 gr.) – 800 m | | | | | | | | | | |
| 2864 | Büscher, Jessica | 1987 | 14,8 | 1,43 | 9,33 | 14,9 | 4,64 | 21,74 | 3.00,0 | 2001 |

| Block Sprint / Sprung: 75 m – 80 m H – Weit – Hoch – Speer (400 gr.) | | | | | | | | |
|--|------------------|------|------------------|-------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2707 | Soboll, Carolin | 1981 | 10,22 | 13,48 | 5,16 | 1,64 | 35,22 | 1995 |
| 2371 | Kordts, Kathrin | 1981 | 10,5 | 12,9 | 4,74 | 1,36 | 25,60 | 1995 |
| 2351 | Bomert, Daniela | 1981 | 10,1 | 13,8 | 5,14 | 1,40 | 18,12 | 1995 |
| 2288 | Stief, Julia | 1982 | 11,22 | 14,55 | 4,43 | 1,42 | 29,14 | 1996 |
| 2198 | Gabauer, Kerstin | 1975 | 10,9 | 14,2 | 4,42 | 1,39 | 20,88 | 1989 |
| 2179 | Rübsamen, Katrin | 1975 | 11,7 | 13,4 | 3,89 | 1,39 | 27,88 | 1989 |
| 2158 | Asbrock, Julia | 1983 | 10,62 | 14,62 | 4,13 | 1,48 | 12,52 | 1997 |
| 2039 | Alfonso, Angels | 1977 | 10,6 | 14,5 | 3,90 | 1,22 | 20,64 | 1990 |

| Block Sprint / Sprung: 100 m – 80 m H – Weit – Hoch – Speer (600 gr.) | | | | | | | | |
|---|------------------|------|------------------|-------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2356 | Rink, Anke | 1987 | 14,00 | 14,12 | 4,28 | 1,46 | 25,89 | 2001 |
| 2191 | Stöber, Inga | 1986 | 14,26 | 14,10 | 4,24 | 1,42 | 15,17 | 2000 |
| 2076 | Büscher, Jessica | 1987 | 14,98 | 15,75 | 4,18 | 1,38 | 18,99 | 2001 |
| 1993 | Meures, Julia | 1987 | 15,28 | 15,52 | 3,96 | 1,35 | 16,66 | 2001 |
| 1870 | Perse, Miriam | 1991 | 14,97 | 15,96 | 4,06 | 1,16 | 15,56 | 2005 |
| 1869 | Putzmann, Vivien | 1993 | 15,49 | 16,06 | 3,71 | 1,29 | 15,04 | 2007 |

| Block Lauf: 75/100 m – 80 m H – Weit – Ball – 2000 m | | | | | | | | |
|--|-----------------|------|------------------|-------|------|-------|---------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2445 | Putzmann, Ninja | 1987 | 13,49 | 13,55 | 4,89 | 39,5 | 8.09,81 | 2001 |
| 2224 | Fleer, Kerstin | 1980 | 10,2 | 14,2 | 4,52 | 31,62 | 8.32,3 | 1994 |
| 2107 | Ponath, Susanne | 1980 | 10,7 | 16,0 | 4,29 | 27,46 | 7.44,26 | 1994 |
| 2001 | Hinners, Bianca | 1984 | 11,47 | 15,72 | 4,12 | 27,5 | 8.21,25 | 1998 |

| Block Wurf: 75 m – 80 m H – Weit – Kugel – Diskus (750 gr.) | | | | | | | | |
|---|------------------|------|------------------|-------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | | Jahr |
| 2320 | Gabauer, Kerstin | 1975 | 10,85 | 14,64 | 4,48 | 9,68 | 28,96 | 1989 |
| 2250 | Katzy, Nicole | 1974 | 10,8 | 14,2 | 4,17 | 8,74 | 30,12 | 1988 |
| Block Wurf: 100 m – 80 m H – Weit – Kugel – Diskus (1 kg) | | | | | | | | |
| 2061 | Büscher, Jessica | 1987 | 15,10 | 15,42 | 4,30 | 9,32 | 16,65 | 2001 |

Schülerinnen B – W 13

| 75 m | | | |
|-----------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 10,1 sec | Moschner, Miriam | 1975 | 1988 |
| 10,36 sec | Alfonso, Angels | 1977 | 1990 |
| 10,36 sec | Putzmann, Ninja | 1987 | 2000 |
| 10,2 sec | Broszko, Agnes | 1980 | 1993 |
| 10,44 sec | David, Christine | 1977 | 1990 |
| 10,3 sec | Malburg, Silke | 1975 | 1988 |
| 10,3 sec | Szymenderski, Ilka | 1976 | 1989 |
| 10,4 sec | Welminski, Daniela | 1979 | 1992 |
| 10,4 sec | Katzy, Nicole | 1974 | 1986 |
| 10,72 sec | Retschat, Ann-Kathrin | 1989 | 2002 |

| 800 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.23,1 min | Rudolf, Miriam | 1972 | 1985 |
| 2.26,59 min | Di Fina, Antonella | 1974 | 1987 |
| 2.30,9 min | Weiß, Petra | 1975 | 1988 |
| 2.31,4 min | Hallstein, Sabine | 1970 | 1983 |
| 2.33,43 min | Mäder, Sonja | 1986 | 1999 |
| 2.33,55 min | Ponath, Susanne | 1980 | 1993 |
| 2.34,41 min | Schmidt, Melanie | 1991 | 2004 |
| 2.34,6 min | Neukirchen, Andrea | 1983 | 1996 |
| 2.36,07 min | Scheuer, Inga | 1981 | 1994 |
| 2.36,3 min | Alfonso, Angels | 1977 | 1990 |
| 2.36,49 min | Seiffert, Franke | 1977 | 1989 |

| 2000 m | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 6.57,01 min | Rudolf, Miriam | 1972 | 1985 |
| 7.23,71 min | Weiß, Petra | 1975 | 1988 |
| 7.35,12 min | Putzmann, Ninja | 1987 | 2000 |
| 7.35,7 min | Hallstein, Sabine | 1970 | 1983 |
| 7.41,12 min | Mäder, Sonja | 1986 | 1999 |
| 7.43,5 min | Seiffert, Frauke | 1977 | 1989 |
| 7.47,4 min | Ponath, Susanne | 1980 | 1993 |
| 7.48,3 min | Di Fina, Antonella | 1974 | 1987 |
| 7.48,4 min | Katzy, Nicole | 1974 | 1986 |
| 7.49,3 min | Rother, Tanja | 1975 | 1987 |

| 60 m Hürden | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 10,52 sec | Putzmann, Ninja | 1987 | 2000 |
| 10,5 sec | Schwefer, Carolin | 1981 | 1994 |
| 10,6 sec | Dornieden, Laura | 1982 | 1995 |
| 10,6 sec | Römpke, Pia | 1988 | 2001 |
| 11,15 sec | Gojdka, Lea-Maria | 1989 | 2002 |
| 11,1 sec | Pramschüfer, Verena | 1989 | 2001 |
| 11,2 sec | Stief, Julia | 1982 | 1995 |
| 11,66 sec | Grote, Christin | 1994 | 2007 |
| 11,94 sec | Stöber, Inga | 1986 | 1999 |
| 14,46 sec | Ostkamp, Hanna | 1994 | 2007 |

| Hochsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,54 m | Rübsamen, Katrin | 1975 | 1988 |
| 1,51 m | Welminski, Daniela | 1979 | 1992 |
| 1,46 m | Hopp, Britta | 1977 | 1990 |
| 1,46 m | Schäpe, Catrin | 1977 | 1990 |
| 1,45 m | Linauer, Marianne | 1969 | 1982 |
| 1,45 m | Szymenderski, Ilka | 1976 | 1989 |
| 1,41 m | Stöber, Inga | 1986 | 1999 |
| 1,40 m | Faber, Anke | 1968 | 1981 |
| 1,40 m | Moschner, Miriam | 1975 | 1987 |
| 1,40 m | Rother, Tanja | 1975 | 1988 |
| 1,40 m | Brand, Christina | 1978 | 1991 |
| 1,40 m | Brzosko, Agnes | 1980 | 1993 |
| 1,40 m | Dornieden, Laura | 1982 | 1995 |
| 1,40 m | Stief, Julia | 1982 | 1995 |
| 1,40 m | Furmaniak, Inga | 1985 | 1998 |

| Weitsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 5,19 m | Welminski, Daniela | 1979 | 1992 |
| 4,92 m | Putzmann, Ninja | 1987 | 2000 |
| 4,77 m | Neukirchen, Andrea | 1983 | 1996 |
| 4,75 m | Pfalz, Julie | 1989 | 2002 |
| 4,71 m | Brzosko, Agnes | 1980 | 1993 |
| 4,71 m | Dornieden, Laura | 1982 | 1995 |
| 4,66 m | Fospoth, Diana | 1971 | 1984 |
| 4,62 m | Moschner, Miriam | 1975 | 1987 |
| 4,61 m | Szymenderski, Ilka | 1976 | 1989 |
| 4,59 m | Schwefer, Carolin | 1981 | 1994 |

| 4 x 75 m (bis 1987, ab 2000) | | | | | |
|------------------------------|--------------|----------------|----------------|--------------|------|
| Zeit | Namen | | | | Jahr |
| 41,44 sec | Brandau | Drosdowski, J. | Drosdowski, L. | Perse | 2004 |
| 41,49 sec | Putzmann | Meures | Büscher | Rink | 2000 |
| 41,75 sec | Gojdka | Retschat | Pramschiüfer | Pfalz | 2002 |
| 41,8 sec | Rother | Fischer | Szymenderski | Moschner | 1987 |
| 42,32 sec | Gojdka | Retschat | Pramschiüfer | Vollmann | 2001 |
| 42,5 sec | Katzy | Fischer | Moschner | Burkhardt | 1986 |
| 44,1 sec | Szymenderski | Rübsamen, J. | Frohlink | Katzy | 1985 |
| 45,29 sec | Hohmann | Moysidis | Sternik | Dieberg | 2008 |
| 45,3 sec | Schmidt | Weiß | Jwan | Schnitzer | 1987 |
| 46,95 sec | Gross | Kulik | Müller | Schmidt, St. | 2004 |

| 3 x 800 m | | | | |
|-------------|--------------|--------------|--------------|------|
| Zeit | Namen | | | Jahr |
| 8.03,2 min | Rother | Jwan | Weiß | 1987 |
| 8.04,4 min | Putzmann | Durgut | Mäder | 1999 |
| 8.05,2 min | Seiffert | Harst, R. | Harst, E. | 1989 |
| 8.12,67 min | Gojdka | Retschat | Raub | 2001 |
| 8.20,1 min | Büscher | Meures | Putzmann | 2000 |
| 8.21,49 min | Kirchner, K. | Furmaniak | Mäder | 1998 |
| 8.22,40 min | Neukirchen | Kirchner, C. | Stief | 1995 |
| 8.22,48 min | Stief | Scheuer | Schwefer, C. | 1994 |
| 8.26,7 min | Borger | Schäpe | Szymenderski | 1988 |
| 8.31,8 min | Meese | Haremza | Welminski | 1990 |

| Kugel | | | |
|----------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 9,36 m | Possehl, Anneke | 1983 | 1996 |
| 9,33 m | Di Fina, Antonella | 1974 | 1987 |
| 9,00 m | Gabauer, Kerstin | 1975 | 1988 |
| 9,00 m | Büscher, Jessica | 1987 | 2000 |
| 8,74 m | Fospoth, Diana | 1971 | 1984 |
| 8,64 m | Rink, Anke | 1987 | 2000 |
| 8,53 m | Jacob, Meike | 1982 | 1995 |
| 8,44 m | Lodahl, Daniela | 1978 | 1991 |
| 8,34 m | Fischer, Susanne | 1975 | 1988 |
| 8,10 m | Stief, Julia | 1982 | 1995 |

| Diskus (750 gr.) | | | |
|------------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 24,56 m | Gabauer, Kerstin | 1975 | 1988 |
| 22,46 m | Schikowski, Bianca | 1980 | 1993 |
| 22,42 m | David, Christine | 1977 | 1990 |
| 21,00 m | Alfonso, Angels | 1977 | 1990 |
| 20,72 m | Strozyk, Astrid | 1979 | 1992 |
| 20,10 m | Lodahl, Daniela | 1978 | 1991 |
| 18,57 m | Rink, Anke | 1987 | 2000 |
| 18,14 m | Stief, Julia | 1982 | 1995 |
| 17,60 m | Schwefer, Carolin | 1981 | 1994 |

| Speer (400 gr.) | | | |
|-----------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 33,85 m | Retschat, Ann-Kathrin | 1989 | 2002 |
| 29,52 m | Stief, Julia | 1982 | 1995 |
| 27,12 m | Rink, Anke | 1987 | 2000 |
| 25,50 m | Gabauer, Kerstin | 1975 | 1988 |
| 22,08 m | Strozyk, Astrid | 1979 | 1992 |
| 21,52 m | Alfonso, Angels | 1977 | 1990 |
| 20,28 m | Rübsamen, Katrin | 1975 | 1988 |
| 20,14 m | Droste, Leonie | 1992 | 2005 |
| 19,58 m | Zekorn, Jana | 1981 | 1994 |
| 19,38 m | Lodahl, Daniela | 1978 | 1991 |

| Ball (200 gr.) | | | |
|----------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 35,00 m | Putzmann, Ninja | 1987 | 2000 |
| 35,00 m | Retschat, Ann-Kathrin | 1989 | 2001 |
| 34,00 m | Rink, Anke | 1987 | 2000 |
| 31,50 m | Droste, Leonie | 1992 | 2005 |
| 31,00 m | Mroz, Sabine | 1985 | 1998 |
| 30,00 m | Büscher, Jessica | 1987 | 1999 |
| 30,00 m | Muli, Blinera | 1989 | 2002 |
| 25,50 m | Plaggenborg, Annika | 1986 | 1998 |
| 25,00 m | Böhme, Lena | 1987 | 1999 |
| 25,00 m | Hoffmann, Lisa | 1990 | 2002 |

| Schlagball (80 gr.) | | | |
|---------------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 47,50 m | Stief, Julia | 1982 | 1995 |
| 46,00 m | Katzy, Nicole | 1974 | 1986 |
| 43,50 m | Putzmann, Ninja | 1987 | 2000 |
| 43,00 m | Seifert, Frauke | 1977 | 1989 |
| 42,50 m | Retschat, Ann-Kathrin | 1989 | 2001 |
| 41,50 m | Lodahl, Janine | 1980 | 1991 |
| 40,50 m | Fischer, Susanne | 1975 | 1987 |
| 40,50 m | Possehl, Anneke | 1983 | 1996 |
| 40,00 m | Kirchenstein, Daniela | 1969 | 1980 |
| 39,00 m | Jacob, Meike | 1982 | 1995 |

| Vierkampf: 50/75 m – Weit – Hoch – Ball | | | | | | | |
|---|-----------------------|------|------------------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 1931 | Putzmann, Ninja | 1987 | 10,54 | 4,71 | 1,36 | 43,50 | 2000 |
| 1891 | Stief, Julia | 1982 | 7,78 | 4,58 | 1,36 | 46,50 | 1995 |
| 1827 | Dornieden, Laura | 1982 | 7,32 | 4,71 | 1,40 | 29,00 | 1995 |
| 1826 | Retschat, Ann-Kathrin | 1989 | 10,98 | 4,28 | 1,36 | 42,00 | 2002 |
| 1820 | Moschner, Miriam | 1975 | 10,2 | 4,48 | 1,38 | 32,00 | 1987 |
| 1802 | Furmaniak, Lara | 1985 | 7,84 | 4,43 | 1,40 | 36,50 | 1998 |
| 1769 | Katzy, Nicole | 1974 | 10,5 | 4,14 | 1,26 | 42,00 | 1986 |
| 1743 | Neukirchen, Andrea | 1983 | 7,50 | 4,77 | 1,32 | 27,50 | 1996 |
| 1736 | Welminski, Daniela | 1979 | 7,6 | 4,61 | 1,40 | 28,00 | 1990 |
| 1709 | Szymenderski, Ilka | 1976 | 7,4 | 3,89 | 1,32 | 36,00 | 1988 |

| Vierkampf-Mannschaft | | | | | | |
|----------------------|----------|-----------|----------|--------------|--------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 8617 | Stief | Dornieden | Jacob | Neukirchen | Possehl | 1995 |
| 8083 | Stief | Jacob | Scheuer | Dornieden | Schwefer, C. | 1994 |
| 7854 | Moschner | Rübsamen | Fischer | Szymenderski | Rother | 1987 |

Schülerinnen B – W 12

| 75 m | | | |
|-----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 10,1 sec | Moschner, Miriam | 1975 | 1987 |
| 10,4 sec | Katzy, Nicole | 1974 | 1986 |
| 10,5 sec | Fospoth, Diana | 1971 | 1983 |
| 10,5 sec | Malburg, Anke | 1975 | 1987 |
| 10,6 sec | Faber, Anke | 1968 | 1980 |
| 10,6 sec | Linauer, Marianne | 1969 | 1981 |
| 10,6 sec | Vollmann, Madhura | 1989 | 2001 |
| 10,7 sec | Gojdka, Lea-Maria | 1989 | 2001 |
| 10,8 sec | Witte, Corinna | 1961 | 1973 |
| 10,99 sec | Drosdowski, Jannika | 1992 | 2004 |

| 800 m | | | |
|-------------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.36,49 min | Seiffert, Franke | 1977 | 1989 |
| 2.36,86 min | Weiß, Petra | 1975 | 1987 |
| 2.37,54 min | Katzy, Nicole | 1974 | 1986 |
| 2.37,5 min | Retschat, Ann-Kathrin | 1989 | 2001 |
| 2.38,24 min | Gojdka, Lea-Maria | 1989 | 2001 |
| 2.39,05 min | Neukirchen, Andrea | 1983 | 1995 |
| 2.40,4 min | Rudolf, Miriam | 1972 | 1984 |
| 2.41,2 min | Jwan, Sonja | 1975 | 1987 |
| 2.41,6 min | Meese, Sonja | 1978 | 1990 |
| 2.42,17 min | Harst, Eva | 1977 | 1989 |

| 2000 m | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7.32,6 min | Weiß, Petra | 1975 | 1987 |
| 7.33,78 min | Neukirchen, Andrea | 1983 | 1995 |
| 7.43,5 min | Seiffert, Franke | 1977 | 1989 |
| 7.48,4 min | Katzy, Nicole | 1974 | 1986 |
| 7.49,3 min | Rother, Tanja | 1975 | 1987 |
| 7.58,77 min | Kirchner, Christina | 1983 | 1993 |
| 8.02,6 min | Scheuer, Inga | 1981 | 1993 |
| 8.05,9 min | Haremza, Jennifer | 1980 | 1991 |
| 8.06,2 min | Harst, Ruth | 1977 | 1989 |
| 8.08,1 min | Borger, Kerstin | 1976 | 1987 |

| 60 m Hürden | | | |
|-------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 10,5 sec | Welminski, Daniela | 1979 | 1991 |
| 10,97 sec | Rother, Tanja | 1975 | 1987 |
| 10,9 sec | Rübsamen, Katrin | 1975 | 1987 |
| 11,11 sec | Brand, Christina | 1978 | 1990 |
| 11,21 sec | Alfonso, Angels | 1977 | 1989 |
| 11,0 sec | Szymenderski, Ilka | 1976 | 1988 |
| 11,1 sec | Pramschüfer, Verena | 1989 | 2001 |
| 11,3 sec | Katzy, Nicole | 1974 | 1986 |
| 11,4 sec | Schwefer, Carolin | 1981 | 1993 |
| 11,4 sec | Meures, Julia | 1987 | 1999 |

| Hochsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,46 m | Rübsamen, Katrin | 1975 | 1987 |
| 1,42 m | Hopp, Britta | 1977 | 1989 |
| 1,42 m | Runte, Nina | 1977 | 1989 |
| 1,42 m | Welminski, Daniela | 1979 | 1991 |
| 1,40 m | Moschner, Miriam | 1975 | 1987 |
| 1,40 m | Furmaniak, Inga | 1985 | 1996 |
| 1,36 m | Szymenderski, Ilka | 1976 | 1988 |
| 1,36 m | Brand, Christina | 1978 | 1990 |
| 1,36 m | Brandau, Sabrina | 1992 | 2004 |
| 1,35 m | Martin, Sabine | 1969 | 1981 |

| Weitsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 4,71 m | Neukirchen, Andrea | 1983 | 1995 |
| 4,62 m | Moschner, Miriam | 1975 | 1987 |
| 4,61 m | Welminski, Daniela | 1979 | 1991 |
| 4,55 m | Faber, Anke | 1968 | 1980 |
| 4,55 m | Putzmann, Ninja | 1987 | 1999 |
| 4,50 m | Meures, Julia | 1987 | 1999 |
| 4,45 m | Gojdka, Lea-Maria | 1989 | 2001 |
| 4,43 m | Furmaniak, Inga | 1985 | 1997 |
| 4,43 m | Droste, Leonie | 1992 | 2004 |
| 4,38 m | Büscher, Jessica | 1987 | 1999 |

| Kugel | | | |
|----------|------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 7,85 m | Jacob, Meike | 1982 | 1994 |
| 7,76 m | Martin, Sabine | 1969 | 1981 |
| 6,97 m | Büscher, Jessica | 1987 | 1999 |
| 6,93 m | Seifert, Frauke | 1977 | 1989 |
| 6,91 m | Stief, Julia | 1982 | 1994 |
| 6,78 m | Brandau, Sabrina | 1992 | 2004 |
| 6,75 m | Fischer, Susanne | 1975 | 1987 |
| 6,57 m | Lindemann, Heike | 1977 | 1989 |
| 6,48 m | Malburg, Anke | 1975 | 1987 |
| 6,33 m | Rink, Anke | 1987 | 1999 |

| Diskus | | | |
|----------|-------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 20,72 m | Brandau, Sabrina | 1992 | 2004 |
| 18,50 m | Stief, Julia | 1982 | 1993 |
| 17,35 m | Droste, Leonie | 1992 | 2004 |
| 16,90 m | Jacob, Meike | 1982 | 1994 |
| 15,90 m | Lodahl, Nadine | 1980 | 1991 |
| 15,62 m | Strozyk, Astrid | 1979 | 1990 |
| 15,54 m | Schwefer, Carolin | 1981 | 1993 |

| Speer | | | |
|----------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 31,40 m | Retschat, Ann-Kathrin | 1989 | 2001 |
| 21,38 m | Rink, Anke | 1987 | 1999 |
| 21,00 m | Stief, Julia | 1982 | 1994 |
| 14,60 m | Brandau, Sabrina | 1992 | 2004 |

| Schlagball (80 gr.) | | | |
|---------------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 46,00 m | Katzy, Nicole | 1974 | 1986 |
| 43,00 m | Seifert, Frauke | 1977 | 1989 |
| 42,50 m | Retschat, Ann-Kathrin | 1989 | 2001 |
| 41,50 m | Lodahl, Nadine | 1980 | 1991 |
| 40,50 m | Fischer, Susanne | 1975 | 1987 |
| 40,00 m | Kirchenstein, Daniela | 1969 | 1980 |
| 39,50 m | Stief, Julia | 1982 | 1993 |
| 39,00 m | Jacob, Meike | 1982 | 1994 |
| 38,00 m | Jwan, Sonja | 1975 | 1987 |
| 37,00 m | Sohl, Gaby | 1960 | 1972 |
| 37,00 m | Rübsamen, Katrin | 1975 | 1987 |
| 37,00 m | Edling, Daniela | 1979 | 1991 |
| 37,00 m | Possehl, Anneke | 1983 | 1995 |

| Ball (200 gr.) | | | |
|----------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 35,00 m | Retschat, Ann-Kathrin | 1989 | 2001 |
| 32,00 m | Rink, Anke | 1987 | 1999 |
| 30,00 m | Büscher, Jessica | 1987 | 1999 |
| 25,50 m | Plaggenborg, Karin | 1986 | 1998 |
| 25,00 m | Böhme, Lena | 1987 | 1999 |
| 25,00 m | Hoffmann, Lisa | 1990 | 2002 |

| Vierkampf: 50/75 m – Weit – Hoch – Ball | | | | | | | |
|---|-----------------------|------|------------------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 1820 | Moschner, Miriam | 1975 | 10,2 | 4,48 | 1,38 | 32,00 | 1987 |
| 1769 | Katzy, Nicole | 1974 | 10,5 | 4,14 | 1,26 | 42,00 | 1986 |
| 1736 | Welminski, Daniela | 1979 | 7,6 | 4,61 | 1,40 | 28,00 | 1991 |
| 1724 | Retschat, Ann-Kathrin | 1989 | 11,34 | 4,10 | 1,32 | 39,50 | 2001 |
| 1709 | Szymenderski, Ilka | 1976 | 7,4 | 3,89 | 1,32 | 36,00 | 1988 |
| 1684 | Haremza, Jennifer | 1980 | 7,5 | 4,07 | 1,32 | 32,50 | 1992 |
| 1667 | Furmaniak, Inga | 1985 | 7,99 | 4,07 | 1,40 | 29,00 | 1997 |
| 1651 | Fischer, Susanne | 1975 | 11,2 | 4,23 | 1,24 | 36,5 | 1987 |
| 1649 | Faber, Anke | 1968 | 10,7 | 4,23 | 1,30 | 28,00 | 1980 |
| 1649 | Fospoth, Diana | 1971 | 10,5 | 4,10 | 1,26 | 30,00 | 1983 |

Schülerinnen C – W 11

| 50 m | | | |
|----------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7,70 sec | Meures, Julia | 1987 | 1998 |
| 7,73 sec | Gojdka, Lea-Maria | 1989 | 2000 |
| 7,5 sec | Moschner, Miriam | 1975 | 1985 |
| 7,75 sec | Dornieden, Laura | 1982 | 1993 |
| 7,77 sec | Drosdowski, Jannika | 1992 | 2003 |
| 7,81 sec | Lunau, Meike | 1982 | 1993 |
| 7,6 sec | Haremza, Jennifer | 1980 | 1991 |
| 7,6 sec | Ponath, Susanne | 1980 | 1991 |
| 7,87 sec | Putzmann, Ninja | 1987 | 1998 |
| 7,87 sec | Nebe, Julia | 1995 | 2006 |

| 800 m | | | |
|-------------|-----------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.42,44 min | Gojdka, Lea-Maria | 1989 | 2000 |
| 2.43,6 min | Katzy, Nicole | 1974 | 1985 |
| 2.45,12 min | Retschat, Ann-Kathrin | 1989 | 2000 |
| 2.45,56 min | Haremza, Jennifer | 1980 | 1991 |
| 2.46,52 min | Ponath, Susanne | 1980 | 1991 |
| 2.47,88 min | Petermichl, Saskia | 1979 | 1990 |
| 2.48,8 min | Neukirchen, Andrea | 1983 | 1994 |
| 2.49,1 min | Scheuer, Inga | 1981 | 1992 |
| 2.49,8 min | Schäpe, Cathrin | 1977 | 1988 |
| 2.51,4 min | Schwefer, Carolin | 1981 | 1992 |

| 2000 m | | | |
|-------------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7.58,77 min | Kirchner, Christina | 1983 | 1993 |
| 8.05,9 min | Haremza, Jennifer | 1980 | 1991 |
| 8.08,1 min | Borger, Kerstin | 1976 | 1987 |
| 8.11,4 min | Scheuer, Inga | 1981 | 1992 |
| 8.16,48 min | Schäpe, Cathrin | 1977 | 1988 |
| 8.22,7 min | Ponath, Susanne | 1980 | 1991 |
| 8.25,75 min | Furmaniak, Inga | 1985 | 1996 |
| 8.28,29 min | Kirchner, Anne-Kathrin | 1985 | 1996 |
| 8.40,8 min | Schwefer, Carolin | 1981 | 1992 |
| 8.46,2 min | Stief, Julia | 1982 | 1993 |

| 60 m Hürden | | | |
|-------------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 11,39 sec | Welminski, Daniela | 1979 | 1990 |
| 11,5 sec | Katzy, Nicole | 1974 | 1985 |
| 11,8 sec | Stief, Julia | 1982 | 1993 |
| 11,9 sec | Brand, Christina | 1978 | 1989 |
| 12,9 sec | Scheuer, Inga | 1981 | 1992 |
| 13,1 sec | Hopp, Britta | 1977 | 1988 |
| 13,2 sec | Jacob, Meike | 1982 | 1993 |
| 13,4 sec | Schäpe, Cathrin | 1977 | 1988 |

| Hochsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,40 m | Welminski, Daniela | 1979 | 1990 |
| 1,35 m | Rübsamen, Katrin | 1975 | 1986 |
| 1,34 m | Moschner, Miriam | 1975 | 1986 |
| 1,28 m | Runte, Nina | 1977 | 1988 |
| 1,28 m | Brand, Christina | 1978 | 1989 |
| 1,26 m | Szymenderski, Ilka | 1976 | 1987 |
| 1,25 m | Giesmann, Coscina | 1987 | 1998 |
| 1,24 m | Jacob, Meike | 1982 | 1993 |
| 1,24 m | Stief, Julia | 1982 | 1993 |
| 1,24 m | Possehl, Anneke | 1983 | 1994 |
| 1,24 m | Furmaniak, Inga | 1985 | 1996 |
| 1,24 m | Berntzen, Sandra | 1987 | 1998 |

| Weitsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 4,39 m | Welminski, Daniela | 1979 | 1990 |
| 4,35 m | Szymenderski, Ilka | 1976 | 1987 |
| 4,35 m | Pramschüfer, Verena | 1989 | 2000 |
| 4,34 m | Gojdka, Lea-Maria | 1989 | 2000 |
| 4,29 m | Moschner, Miriam | 1975 | 1986 |
| 4,13 m | Stief, Julia | 1982 | 1993 |
| 4,04 m | Grote, Friederike | 1986 | 1997 |
| 4,03 m | Brand, Christina | 1978 | 1989 |
| 4,01 m | Lunau, Meike | 1986 | 1997 |
| 4,00 m | Furmaniak, Inga | 1985 | 1996 |

| Kugel | | | |
|----------|-----------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 7,10 m | Lodahl, Nadine | 1980 | 1991 |
| 6,04 m | Katzy, Nicole | 1974 | 1985 |
| 5,80 m | Jacob, Meike | 1982 | 1993 |
| 5,77 m | Strozyk, Astrid | 1979 | 1990 |
| 5,26 m | Stief, Julia | 1982 | 1993 |

| Diskus | | | |
|----------|-----------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 18,50 m | Stief, Julia | 1982 | 1993 |
| 15,90 m | Lodahl, Nadine | 1980 | 1991 |
| 15,72 m | Jacob, Meike | 1982 | 1993 |
| 15,62 m | Strozyk, Astrid | 1979 | 1990 |

| Speer | | | |
|----------|-----------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 20,16 m | Lodahl, Nadine | 1980 | 1991 |
| 18,88 m | Strozyk, Astrid | 1979 | 1990 |
| 15,32 m | Stief, Julia | 1982 | 1993 |

| Schlagball (80 gr.) | | | |
|---------------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 41,50 m | Lodahl, Nadine | 1980 | 1991 |
| 40,50 m | Katzy, Nicole | 1974 | 1985 |
| 39,50 m | Stief, Julia | 1982 | 1993 |
| 37,50 m | Retschat, Ann-Kathrin | 1989 | 2000 |
| 37,00 m | Wiersig, Kathrin | 1982 | 1993 |
| 36,00 m | Lange, Norma | 1978 | 1989 |
| 35,00 m | Rübsamen, Katrin | 1975 | 1986 |
| 35,00 m | Jacob, Meike | 1982 | 1993 |
| 34,50 m | Strozyk, Astrid | 1979 | 1990 |
| 34,50 m | Brandau, Sabrina | 1992 | 2003 |

| 4 x 50 m | | | | | |
|-----------|----------------|---------------|----------------|----------------|------|
| Zeit | Namen | | | | Jahr |
| 29,2 sec | Drosdowski, J. | Brandau | Drosdowski, L. | Droste | 2003 |
| 29,70 sec | Gojdka | Retschat | Pramschüfer | Raub | 2000 |
| 30,17 sec | Grote | Lunau | Furmaniak | Kirchner | 1995 |
| 30,27 sec | Meures | Robitzki | Putzmann, N. | Römpke | 1998 |
| 31,37 sec | Grote | Lunau | Robitzki | Panitzek | 1997 |
| 31,52 sec | Possehl | Furmaniak | Haentjes | Neukirchen | 1994 |
| 31,3 sec | Welminski, J. | Rübsamen, K. | Malburg | Moschner | 1985 |
| 31,88 sec | Drosdowski, J. | Müller | Brandau | Drosdowski, L. | 2002 |
| 31,7 sec | Strozyk | Hilleringmann | Welminski, D. | Schwefer, V. | 1989 |
| 31,82 sec | Jacob | Monien | Dornieden | Stief | 1992 |

| 3 x 800 m | | | | |
|-------------|---------------|---------------|--------------|------|
| Zeit | Namen | | | Jahr |
| 8.48,27 min | Neukirchen | Possehl | Haentjes | 1994 |
| 9.01,04 min | Kirchner | Furmaniak | Lunau | 1995 |
| 9.03,69 min | Büscher | Robitzki | Putzmann | 1998 |
| 9.18,4 min | Scheuer | Monien | Stief | 1991 |
| 9.30,3 min | Welminski, J. | Lange | Brand | 1988 |
| 9.31,3 min | Moschner | Rübsamen, K. | Malburg, S. | 1985 |
| 9.37,5 min | Welminski, D. | Hilleringmann | Schwefer, V. | 1989 |
| 9.41,44 min | Furmaniak | Stöber | Kirchner | 1995 |
| 9.47,78 min | Putzmann, V. | Müller | Brandau | 2003 |
| 9.47,6 min | Stief | Monien | Possehl | 1992 |

| Dreikampf: 50 m – Weit – Schlagball | | | | | | |
|-------------------------------------|-----------------------|----------|------|------------------|------|-------|
| Punkte | Name | Jahrgang | Jahr | Einzelleistungen | | |
| 1263 | Putzmann, Ninja | 1987 | 1998 | 7,87 | 4,07 | 31,50 |
| 1252 | Jacob, Meike | 1982 | 1992 | 8,0 | 4,02 | 33,00 |
| 1202 | Retschat, Ann-Kathrin | 1989 | 2000 | 8,34 | 3,73 | 35,00 |
| 1192 | Possehl, Anneke | 1983 | 1994 | 7,9 | 3,79 | 31,00 |
| 1183 | Lunau, Meike | 1986 | 1997 | 7,81 | 4,01 | 24,00 |
| 1182 | Welminski, Daniela | 1979 | 1989 | 7,8 | 4,29 | 23,50 |
| 1174 | Stief, Julia | 1982 | 1992 | 8,1 | 3,74 | 32,00 |
| 1166 | Grote, Friederike | 1986 | 1997 | 7,92 | 4,04 | 23,50 |
| 1166 | Kleina, Wibke | 1987 | 1998 | 8,05 | 3,93 | 26,00 |
| 1164 | Droste, Leonie | 1992 | 2003 | 7,97 | 3,79 | 26,50 |

| Dreikampf-Mannschaft | | | | | | |
|----------------------|-----------------|------------|--------------|-----------|------------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 5275 | Lunau | Grote | Putzmann | Schnitzer | Panitzek | 1997 |
| 5176 | Kleina | Queseleit | Filipowski | Grobben | Kaden | 1998 |
| 4988 | Neukirchen | Possehl | Kirchner, C. | Haentjes | Guttmann | 1994 |
| 4183 | Holtkamp | Georges | Hemrich | Linke | Nordhausen | 2009 |
| 4058 | Wölfelschneider | Gisselbach | Kölpin | Maiss | Fritsche | 2007 |
| 3920 | Miezal | Georges | Linke | Schmidt | Pohl | 2008 |

| Vierkampf: 50/75 m – Weit – Hoch - Ball | | | | | | | |
|---|--------------------|------|------------------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 1658 | Moschner, Miriam | 1975 | 10,8 | 4,21 | 1,34 | 27,50 | 1986 |
| 1610 | Stief, Julia | 1982 | 8,1 | 4,06 | 1,22 | 39,00 | 1993 |
| 1607 | Welminski, Daniela | 1979 | 8,0 | 4,30 | 1,34 | 27,00 | 1990 |
| 1568 | Jacob, Meike | 1982 | 7,9 | 3,66 | 1,24 | 35,00 | 1993 |
| 1524 | Putzmann, Ninja | 1987 | 7,87 | 4,07 | 1,12 | 31,50 | 1998 |
| 1521 | Runte, Nina | 1977 | 8,1 | 3,76 | 1,26 | 31,00 | 1988 |
| 1518 | Szymenderski, Ilka | 1976 | 11,0 | 3,81 | 1,26 | 25,50 | 1987 |
| 1503 | Bernzen, Sandra | 1987 | 7,94 | 3,87 | 1,24 | 25,00 | 1998 |
| 1494 | Furmaniak, Inga | 1985 | 8,10 | 3,91 | 1,24 | 25,50 | 1996 |
| 1488 | Rübsamen, Katrin | 1975 | 12,0 | 3,63 | 1,35 | 27,00 | 1986 |

| Vierkampf-Mannschaft | | | | | | |
|----------------------|-----------|-------------|----------|--------------|-----------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 7854 | Moschner | Rübsamen | Fischer | Szymenderski | Rother | 1992 |
| 6865 | Putzmann | Bernzen | Büscher | Robitzki | Römpke | 1998 |
| 6676 | Furmaniak | Kirchner, K | Lunau | Grote | Spillmann | 1996 |

Schülerinnen C – W 10

| 50 m | | | |
|----------|--------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7,5 sec | Moschner, Miriam | 1975 | 1985 |
| 7,95 sec | Gojdka, Lea-Maria | 1989 | 1999 |
| 8,00 sec | Holtkamp, Meike | 1999 | 2009 |
| 7,8 sec | Malburg, Anke | 1975 | 1985 |
| 7,8 sec | Welminski, Daniela | 1979 | 1989 |
| 7,8 sec | Dornieden, Laura | 1982 | 1992 |
| 7,8 sec | Wiersig, Kathrin | 1982 | 1991 |
| 7,8 sec | Haremza, Jennifer | 1980 | 1990 |
| 8,04 sec | Lunau, Meike | 1986 | 1996 |
| 7,9 sec | Brunholt, Anja | 1977 | 1987 |

| 800 m | | | |
|-------------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 2.54,02 min | Gojdka, Lea-Maria | 1989 | 1999 |
| 2.55,9 min | Welminski, Daniela | 1979 | 1989 |
| 2:57,75 min | Holtkamp, Meike | 1999 | 2009 |
| 2.59,03 min | Haremza, Jennifer | 1980 | 1990 |
| 2.59,62 min | Furmaniak, Inga | 1985 | 1995 |
| 3.00,21 min | Drosdowski, Leonie | 1992 | 2002 |
| 3.00,29 min | Retschat, Ann-Kathrin | 1989 | 1999 |
| 3.00,2 min | Kirchner, Christina | 1983 | 1993 |
| 3.00,8 min | Feldmann, Jessica | 1973 | 1983 |
| 3.01,20 min | Kirchner, Anne-Kathrin | 1985 | 1995 |

| 2000 m | | | |
|-------------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7.58,77 min | Kirchner, Christina | 1983 | 1993 |
| 8.25,64 min | Furmaniak, Inga | 1985 | 1995 |
| 8.32,8 min | Neukirchen, Andrea | 1983 | 1993 |
| 8.38,2 min | Büscher, Jessica | 1987 | 1997 |
| 8.41,1 min | Haremza, Jennifer | 1980 | 1990 |
| 8.56,50 min | Kirchner, Anne-Kathrin | 1985 | 1995 |
| 8.57,3 min | Stief, Julia | 1982 | 1992 |
| 9.02,5 min | Monien, Julia | 1982 | 1992 |
| 9.07,4 min | Scheuer, Inga | 1981 | 1991 |
| 9.10,7 min | Feldmann, Jessica | 1973 | 1983 |

| Hochsprung | | | |
|------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,30 m | Welminski, Daniela | 1979 | 1989 |
| 1,20 m | Furmaniak, Inga | 1985 | 1995 |
| 1,18 m | Wiersig, Katrin | 1982 | 1992 |
| 1,17 m | Stief, Julia | 1982 | 1992 |
| 1,16 m | Lunau, Meike | 1986 | 1996 |
| 1,14 m | Retschat, Ann-Kathrin | 1989 | 1999 |
| 1,13 m | Jacob, Meike | 1982 | 1992 |
| 1,12 m | Rübsamen, Katrin | 1975 | 1985 |
| 1,12 m | Büscher, Jessica | 1987 | 1997 |
| 1,10 m | Hopp, Britta | 1977 | 1987 |
| 1,10 m | Meese, Sonja | 1978 | 1988 |

| Weitsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 4,29 m | Welminski, Daniela | 1979 | 1989 |
| 4,06 m | Holtkamp, Meike | 2000 | 2009 |
| 4,05 m | Gojdka, Lea-Maria | 1989 | 1999 |
| 4,02 m | Jacob, Meike | 1982 | 1992 |
| 3,92 m | Droste, Leonie | 1992 | 2002 |
| 3,91 m | Haremza, Jennifer | 1980 | 1990 |
| 3,86 m | Moschner, Miriam | 1975 | 1985 |
| 3,85 m | Feldmann, Jessica | 1973 | 1983 |
| 3,84 m | Wiersig, Katrin | 1982 | 1992 |
| 3,84 m | Büscher, Jessica | 1987 | 1997 |

| Schlagball (80 gr.) | | | |
|---------------------|-----------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 37,00 m | Holtkamp, Meike | 1999 | 2009 |
| 34,00 m | Haremza, Jennifer | 1980 | 1990 |
| 33,50 m | Lange, Norma | 1978 | 1988 |
| 33,00 m | Jacob, Meike | 1982 | 1992 |
| 33,00 m | Stief, Julia | 1982 | 1992 |
| 32,50 m | Wiersig, Katrin | 1982 | 1992 |
| 30,00 m | Rübsamen, Katrin | 1975 | 1985 |
| 30,00 m | Retschat, Ann-Kathrin | 1989 | 1999 |
| 30,00 m | Droste, Leonie | 1992 | 2002 |
| 29,00 m | Greger, Frauke | 1978 | 1987 |
| 29,00 m | Meese, Sonja | 1978 | 1988 |
| 29,00 m | Strozyk, Astrid | 1979 | 1989 |

| Dreikampf: 50 m – Weit – Ball | | | | | | |
|-------------------------------|------------------------|----------|------|------------------|------|-------|
| Punkte | Name | Jahrgang | Jahr | Einzelleistungen | | |
| 1252 | Jacob, Meike | 1982 | 1992 | 8,0 | 4,02 | 33,00 |
| 1202 | Holtkamp, Meike | 1999 | 2009 | 8,06 | 3,55 | 34,00 |
| 1182 | Welminski, Daniela | 1979 | 1989 | 7,8 | 4,29 | 23,50 |
| 1174 | Stief, Julia | 1982 | 1992 | 8,1 | 3,74 | 32,00 |
| 1150 | Droste, Leonie | 1992 | 2002 | 8,24 | 3,71 | 29,00 |
| 1125 | Haremza, Jennifer | 1980 | 1990 | 7,8 | 3,68 | 25,00 |
| 1121 | Wiersig, Katrin | 1982 | 1992 | 8,0 | 3,52 | 28,50 |
| 1117 | Moschner, Miriam | 1975 | 1985 | 7,5 | 3,75 | 20,50 |
| 1112 | Rübsamen, Katrin | 1975 | 1985 | 8,2 | 3,72 | 27,50 |
| 1097 | Kirchner, Anne-Kathrin | 1985 | 1995 | 8,24 | 3,55 | 26,00 |

| Vierkampf: 50 m – Weit – Hoch – Ball | | | | | | | |
|--------------------------------------|--------------------|------|------------------|------|------|-------|------|
| Punkte | Name | JG | Einzelleistungen | | | | Jahr |
| 1520 | Welminski, Daniela | 1979 | 7,8 | 4,29 | 1,28 | 23,50 | 1989 |
| 1497 | Jacob, Meike | 1982 | 8,0 | 4,02 | 1,13 | 33,00 | 1992 |
| 1469 | Stief, Julia | 1982 | 8,1 | 3,74 | 1,17 | 32,00 | 1992 |
| 1389 | Wiersig, Kathrin | 1982 | 8,0 | 3,52 | 1,13 | 28,50 | 1992 |
| 1389 | Lunau, Meike | 1986 | 8,01 | 3,77 | 1,16 | 22,00 | 1996 |
| 1241 | Römpke, Pia | 1988 | 8,30 | 3,31 | 1,04 | 24,00 | 1998 |
| 1238 | Meese, Sonja | 1978 | 9,0 | 3,25 | 1,10 | 29,00 | 1988 |
| 1203 | Grote, Friederike | 1986 | 8,24 | 3,77 | 1,04 | 16,00 | 1996 |
| 1162 | Benz, Kerstin | 1982 | 8,7 | 3,22 | 1,09 | 21,00 | 1992 |
| 1161 | Stöber, Inga | 1986 | 8,80 | 3,25 | 1,08 | 20,00 | 1996 |

Schülerinnen D – W 9

| 50 m | | | |
|----------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 7,8 sec | Wiersig, Kathrin | 1982 | 1991 |
| 8,19 sec | Droste, Charlotte | 2000 | 2009 |
| 8,05 sec | Holtkamp, Meike | 1999 | 2008 |
| 8,21 sec | Lunau, Meike | 1986 | 1995 |
| 8,27 sec | Droste, Charlotte | 2000 | 2009 |
| 8,42 sec | Römpke, Pia | 1988 | 1997 |
| 8,2 sec | Welminski, Daniela | 1979 | 1988 |
| 8,2 sec | Jacob, Meike | 1982 | 1991 |
| 8,2 sec | Kirchner, Anne-Kathrin | 1985 | 1994 |
| 8,3 sec | Furmaniak, Inga | 1985 | 1994 |

| 800 m | | | |
|--------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 3.05,1 min | Welminski, Daniela | 1979 | 1988 |
| 3.05,3 min | Kirchner, Christina | 1983 | 1992 |
| 3.08,5 min | Droste, Leonie | 1992 | 2001 |
| 3.09,3 min | Possehl, Anneke | 1983 | 1992 |
| 3.10,90 min. | Holtkamp, Meike | 1999 | 2008 |
| 3.11,1 min | Monien, Julia | 1982 | 1991 |
| 3.11,37 min | Furmaniak, Inga | 1985 | 1994 |
| 3.11,8 min | Sobiech, Anneke | 1981 | 1990 |
| 3.12,1 min | Scheuer, Inga | 1981 | 1990 |
| 3.14,0 min | Stief, Julia | 1982 | 1991 |

| 2000 m | | | |
|------------|---------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 8.59,3 min | Kirchner, Christina | 1983 | 1992 |
| 9.12,3 min | Possehl, Anneke | 1983 | 1992 |
| 9.17,8 min | Monien, Julia | 1982 | 1991 |
| 9.19,0 min | Furmaniak, Inga | 1985 | 1994 |
| 9.38,0 min | Rogalla, Frauke | 1984 | 1993 |
| 9.49,9 min | Stief, Julia | 1982 | 1991 |

| Hochsprung | | | |
|------------|---------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 1,18 m | Welminski, Daniela | 1979 | 1988 |
| 1,14 m | Furmaniak, Lara | 1991 | 2000 |
| 1,08 m | Lunau, Meike | 1986 | 1995 |
| 1,00 m | Kronshage, Linda | 1981 | 1990 |
| 1,00 m | Possehl, Anneke | 1983 | 1992 |
| 0,96 m | Scheuer, Inga | 1981 | 1990 |
| 0,95 m | Scholl, Henrieke | 1978 | 1987 |
| 0,95 m | Wiersig, Kathrin | 1982 | 1991 |
| 0,95 m | Kirchner, Christina | 1983 | 1992 |
| 0,90 m | Meese, Sonja | 1978 | 1987 |
| 0,90 m | Jacob, Meike | 1982 | 1991 |

| Weitsprung | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 3,88 m | Welminski, Daniela | 1979 | 1988 |
| 3,87 m | Droste, Charlotte | 2000 | 2009 |
| 3,85 m | Jacob, Meike | 1982 | 1991 |
| 3,82 m | Wiersig, Kathrin | 1982 | 1991 |
| 3,65 m | Weitkämper, Nora | 1998 | 2007 |
| 3,60 m | Ebner, Joice | 1993 | 2002 |
| 3,58 m | Furmaniak, Inga | 1985 | 1994 |
| 3,55 m | Gojdka, Lea-Maria | 1989 | 1998 |
| 3,54 m | Brand, Christina | 1978 | 1987 |
| 3,54 m | Römpke, Pia | 1988 | 1997 |

| Schlagball (80 gr.) | | | |
|---------------------|-------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 32,00 m | Stief, Julia | 1982 | 1991 |
| 31,00 m | Lange, Norma | 1978 | 1987 |
| 31,00 m | Sobiech, Anneke | 1981 | 1990 |
| 30,50 m | Wiersig, Kathrin | 1982 | 1991 |
| 29,00 m | Greger, Frauke | 1978 | 1987 |
| 27,50 m | Holtkamp, Meike | 1999 | 2008 |
| 27,50 m | Droste, Charlotte | 2000 | 2009 |
| 25,50 m | Meese, Sonja | 1978 | 1987 |
| 25,50 m | Geißler, Corinna | 1988 | 1997 |
| 24,50 m | Furmaniak, Lara | 1991 | 2000 |
| 24,50 m | Droste, Leonie | 1992 | 2001 |

| 4 x 50 m | | | | | |
|-----------|--------------|---------|--------|--------|------|
| Zeit | Namen | | | | Jahr |
| 37,93 sec | Waldschläger | Dieberg | Rösler | Droste | 2001 |

| 3 x 800 m | | | | |
|--------------|----------------|----------------|--------|------|
| Zeit | Namen | | | Jahr |
| 10.10,11 min | Drosdowski, L. | Drosdowski, J. | Müller | 2001 |

| Dreikampf: 50 m – Weit – Schlagball | | | | | | |
|-------------------------------------|--------------------|----------|------|------------------|------|-------|
| Punkte | Name | Jahrgang | Jahr | Einzelleistungen | | |
| 1051 | Wiersig, Katrin | 1982 | 1991 | 8,1 | 3,59 | 22,50 |
| 1050 | Holtkamp, Meike | 1999 | 2000 | 8,46 | 3,46 | 21,00 |
| 1043 | Jacob, Meike | 1982 | 1991 | 8,3 | 3,85 | 21,00 |
| 1038 | Stief, Julia | 1982 | 1991 | 8,4 | 3,42 | 26,00 |
| 1015 | Sobiech, Anneke | 1981 | 1990 | 8,9 | 3,20 | 31,00 |
| 1009 | Lange, Norma | 1978 | 1987 | 8,9 | 3,16 | 31,00 |
| 997 | Welminski, Daniela | 1979 | 1988 | 8,3 | 3,63 | 19,50 |
| 979 | Droste, Leonie | 1992 | 2001 | 8,63 | 3,41 | 21,00 |
| 972 | Brand, Christina | 1978 | 1987 | 8,5 | 3,54 | 20,00 |
| 962 | Lunau, Meike | 1986 | 1995 | 8,2 | 3,48 | 17,50 |

| Dreikampf-Mannschaft | | | | | | |
|----------------------|-----------|-----------|------------|--------------|----------|------|
| Punkte | Athlet 1 | Athlet 2 | Athlet 3 | Athlet 4 | Athlet 5 | Jahr |
| 3996 | Lunau | Schnitzer | Hauptvogel | Grote | Stöber | 1995 |
| 3953 | Schnitzer | Hitschler | Büscher | Waldschläger | Kranich | 1996 |
| 3881 | Kirchner | Furmaniak | Schäfer | Altscher | Lunau | 1994 |
| 3570 | Holtkamp | Droste | Georges | Miezial | Beckmann | 2007 |

Schülerinnen D – W 8

| 50 m | | | |
|----------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 8,46 sec | Droste, Charlotte | 2000 | 2008 |
| 8,4 sec | Jacob, Meike | 1982 | 1990 |
| 8,4 sec | Wiersig, Kathrin | 1982 | 1990 |
| 8,74 sec | Holtkamp, Meike | 1999 | 2007 |
| 8,81 sec | Droste, Leonie | 1992 | 2000 |
| 8,6 sec | Welminski, Daniela | 1979 | 1987 |
| 8,6 sec | Lunau, Meike | 1986 | 1994 |
| 8,97 sec | Hemrich, Jasmin | 2000 | 2008 |
| 9,13 sec | Furmaniak, Lara | 1991 | 1999 |
| 8,9 sec | Kirchner, Christina | 1983 | 1991 |
| 8,9 sec | Kirchner, Anne-Kathrin | 1985 | 1993 |
| 8,9 sec | Furmaniak, Inga | 1985 | 1993 |

| 800 m | | | |
|-------------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 3.13,5 min | Welminski, Daniela | 1979 | 1987 |
| 3.16,69 min | Grote, Christin | 1994 | 2002 |
| 3.19,1 min | Wiersig, Kathrin | 1982 | 1990 |
| 3.20,94 min | Droste, Leonie | 1992 | 2000 |
| 3.22,90 min | Zaib, Annika | 1998 | 2006 |
| 3.25,4 min | Kirchner, Anne-Kathrin | 1985 | 1993 |
| 3.26,6 min | Furmaniak, Inga | 1985 | 1993 |
| 3.31,41 min | Hitschler, Annika | 1987 | 1995 |
| 3.32,48 min | Büscher, Jessica | 1987 | 1995 |
| 3.33,52 min | Holtkamp, Meike | 1999 | 2007 |

| 2000 m | | | |
|-------------|------------------------|----------|------|
| Zeit | Name | Jahrgang | Jahr |
| 9.34,0 min | Kirchner, Anne-Kathrin | 1985 | 1993 |
| 10.02,5 min | Furmaniak, Inga | 1985 | 1993 |

| Weitsprung | | | |
|------------|------------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 3,64 m | Jacob, Meike | 1982 | 1990 |
| 3,50 m | Welminski, Daniela | 1979 | 1987 |
| 3,45 m | Droste, Charlotte | 2000 | 2008 |
| 3,36 m | Grote, Christin | 1994 | 2002 |
| 3,29 m | Eiche, Johanna | 1993 | 2001 |
| 3,28 m | Wiersig, Kathrin | 1982 | 1990 |
| 3,25 m | Furmaniak, Lara | 1991 | 1999 |
| 3,15 m | Lunau, Meike | 1986 | 1994 |
| 3,10 m | Altscher, Jennifer | 1985 | 1993 |
| 3,10 m | Kirchner, Anne-Kathrin | 1985 | 1993 |

| Schlagball | | | |
|------------|--------------------|----------|------|
| Leistung | Name | Jahrgang | Jahr |
| 25,00 m | Droste, Charlotte | 2000 | 2008 |
| 24,00 m | Wiersig, Kathrin | 1982 | 1990 |
| 20,50 m | Schnitzer, Annika | 1987 | 1995 |
| 20,00 m | Stief, Julia | 1982 | 1990 |
| 18,00 m | Niegel, Gianna | 2001 | 2009 |
| 18,00 m | Lunau, Meike | 1986 | 1994 |
| 17,50 m | Kelmeni, Aurora | 2001 | 2009 |
| 17,50 m | Schatzberger, Lisa | 1983 | 1991 |
| 17,50 m | Arena, Julia | 1980 | 1988 |
| 17,00 m | Brauer, Pia | 1997 | 2005 |

| Dreikampf: 50 m – Weit – Ball | | | | | | |
|-------------------------------|--------------------|----------|------|------------------|------|-------|
| Punkte | Name | Jahrgang | Jahr | Einzelleistungen | | |
| 1006 | Droste, Charlotte | 2000 | 2008 | 8,66 | 3,32 | 24,50 |
| 997 | Wiersig, Kathrin | 1982 | 1990 | 8,4 | 3,28 | 24,00 |
| 922 | Jacob, Meike | 1982 | 1990 | 8,4 | 3,44 | 16,50 |
| 904 | Welminski, Daniela | 1979 | 1987 | 8,6 | 3,45 | 16,50 |
| 854 | Lunau, Meike | 1986 | 1994 | 8,7 | 3,05 | 17,50 |
| 844 | Holtkamp, Meike | 1999 | 2007 | 8,74 | 3,04 | 15,50 |
| 834 | Stief, Julia | 1982 | 1990 | 9,3 | 3,05 | 20,00 |
| 792 | Droste, Leonie | 1992 | 2000 | 9,30 | 2,94 | 16,50 |
| 765 | Droste, Charlotte | 2000 | 2007 | 9,17 | 2,82 | 15,00 |
| 751 | Hohberg, Larissa | 1992 | 2000 | 9,30 | 2,76 | 15,50 |
| 742 | Monien, Julia | 1982 | 1990 | 9,0 | 2,75 | 14,50 |