## Landesrekordlisten der Frauen - 25m-Bahn

### 50m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Christiane | Bunk | 1980 | Swim-Team Elmshorn | 0:27,61 | LR | 2003 | 0:29,304 |
| 25 | Tanja | Hachmann-Thießen | 1985 | SV Neptun Kiel | 0:27,73 | LR | 2011 | 0:29,183 |
| 30 | Katja | Trosien | 1977 | Swim-Team Elmshorn | 0:26,51 | DR | 2007 | 0:29,370 |
| 35 | Marion | Losch | 1964 | PSV Neumünster | 0:28,08 | LR | | 0:29,161 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 0:27,90 | LR | 2012 | 0:30,206 |
| 45 | Silke | Knuppen | 1963 | SG Lübeck | 0:30,83 | | 2008 | 0:30,547 |
| 50 | Corinna | v.Appen-Wehde | 1964 | Swim-Team Elmshorn | 0:31,20 | LR | 2014 | 0:32,021 |
| 55 | Marianne | Lochner | 1947 | TSV Uetersen | 0:34,81 | | 2003 | 0:33,275 |
| 60 | | | | | | | | 0:35,365 |
| 65 | | | | | | | | 0:35,475 |
| 70 | Hella | Borwitzki | 1931 | SG Norderstedt | 0:46,50 | | 2001 | 0:41,470 |
| 75 | | | | | | | | 0:45,826 |
| 80 | Ursula | Oehmke | 1918 | VfL Oldesloe | 0:48,63 | DR | 1998 | 0:53,493 |
| 85 | Ursula | Oehmke | 1918 | VfL Oldesloe | 0:54,76 | DR | 2004 | 1:00,236 |
| 90 | | | | | | | | 1:21,290 |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

### 100m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Claudia | Fink | 1986 | Swim-Team Elmshorn | 0:58,02 | LR | 2007 | 1:03,657 |
| 25 | | | | | | | | 1:04,493 |
| 30 | Katja | Trosien | 1977 | Swim-Team Elmshorn | 0:58,26 | DR | 2007 | 1:04,086 |
| 35 | Marion | Losch | 1964 | PSV Neumünster | 1:01,44 | LR | 1999 | 1:03,569 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 0:59,43 | DR | 2012 | 1:06,264 |
| 45 | Susan | Tharra | 1962 | MTV Heide | 1:12,44 | | 2007 | 1:06,451 |
| 50 | | | | | | | | 1:13,546 |
| 55 | Marianne | Lochner | 1947 | TSV Uetersen | 1:19,32 | | 2003 | 1:15,350 |
| 60 | | | | | | | | 1:18,551 |
| 65 | Siegrid | Kurtz | 1936 | | 1:33,24 | | 2002 | 1:18,067 |
| 70 | Hella | Borwitzki | 1931 | SG Norderstedt | 1:54,60 | | 2002 | 1:29,727 |
| 75 | | | | | | | | 1:47,459 |
| 80 | Ursula | Oehmke | 1918 | VfL Oldesloe | 1:55,25 | DR | 1998 | 2:06,775 |
| 85 | Ursula | Oehmke | 1918 | VfL Oldesloe | 2:06,95 | ER | 2004 | 2:19,645 |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

### 200m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Claudia | Fink | 1986 | Swim-Team Elmshorn | 2:05,74 | DR | 2007 | 2:18,314 |
| 25 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:06,08 | ER | 1998 | 2:18,688 |
| 30 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:05,94 | ER | 2000 | 2:18,534 |
| 35 | Marion | Losch | 1964 | PSV Neumünster | 2:23,31 | | 1997 | 2:20,932 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:09,00 | DR | 2012 | 2:24,320 |
| 45 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:10,47 | ER | 2014 | 2:27,092 |
| 50 | | | | | | | | 2:40,952 |
| 55 | Marianne | Lochner | 1947 | TSV Uetersen | 3:02,10 | | 2005 | 2:47,893 |
| 60 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 3:18,67 | | 2007 | 2:54,801 |
| 65 | | | | | | | | 3:00,422 |
| 70 | Ulla | Müthel | 1931 | Möllner SV | 4:23,15 | | 2003 | 3:13,127 |
| 75 | | | | | | | | 4:24,385 |
| 80 | Ursula | Oehmke | 1918 | VfL Oldesloe | 4:12,59 | LR | 1998 | 4:26,497 |
| 85 | Ursula | Oehmke | 1918 | VfL Oldesloe | 4:32,73 | ER | 2004 | 5:00,003 |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 400m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Gina | Mohr | 1985 | Swim-Team Elmshorn | 4:28,13 | LR | 2007 | 4:49,685 |
| 25 | Barbara | Kehbein | 1969 | VfL Oldesloe | 4:27,87 | DR | 1995 | 4:54,657 |
| 30 | Katja | Trosien | 1977 | Swim-Team Elmshorn | 4:33,93 | LR | 2007 | 5:00,861 |
| 35 | | | | | | | | 5:00,421 |
| 40 | Ute | Wunram | 1966 | Swim-Team Elmshorn | 5:04,54 | LR | 2007 | 5:05,613 |
| 45 | Simone | Beier | 1961 | SG Lübeck | 6:04,32 | | 2008 | 5:12,235 |
| 50 | | | | | | | | 5:41,748 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 6:46,57 | | 2004 | 6:26,265 |
| 60 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 6:57,45 | | 2007 | 6:26,177 |
| 65 | Haide | Klüglein | 1939 | Flensburger SK | 7:34,82 | | 2004 | 6:27,596 |
| 70 | | | | | | | | 6:57,780 |
| 75 | | | | | | | | 9:08,020 |
| 80 | | | | | | | | 8:59,748 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 800m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Gina | Mohr | 1985 | Swim-Team Elmshorn | 9:07,86 | DR | 2007 | 10:02,679 |
| 25 | | | | | | | | 10:21,797 |
| 30 | | | | | | | | 10:40,750 |
| 35 | | | | | | | | 10:22,941 |
| 40 | Anja | Templin | 1968 | Rendsburger TSV | 12:45,82 | | 2008 | 10:32,577 |
| 45 | | | | | | | | 10:37,670 |
| 50 | | | | | | | | 12:04,867 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 14:18,81 | | 2005 | 12:51,276 |
| 60 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 14:48,56 | | 2007 | 13:18,446 |
| 65 | | | | | | | | 13:28,654 |
| 70 | Helga | Wendt | 1935 | Rendsburger TSV | 20:46,13 | | 2008 | 14:22,004 |
| 75 | | | | | | | | 18:24,972 |
| 80 | | | | | | | | 20:25,323 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 1500m Freistil

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Gina | Mohr | 1985 | Swim-Team Elmshorn | 17:11,28 | DR | 2007 | 18:54,408 |
| 25 | Carola | Mehlert | 1976 | MTV Itzehoe | 19:12,27 | LR | 2004 | 19:41,169 |
| 30 | Carola | Mehlert | 1976 | MTV Itzehoe | 18:57,19 | LR | 2006 | 20:15,434 |
| 35 | Astrid | Ludwig | 1966 | TSV Reinbek | 22:37,13 | | 2003 | 20:23,728 |
| 40 | | | | | | | | 20:32,781 |
| 45 | | | | | | | | 22:16,874 |
| 50 | | | | | | | | 23:35,689 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 27:10,06 | | 2005 | 24:56,341 |
| 60 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 27:58,20 | | 2007 | 27:16,987 |
| 65 | Haide | Klüglein | 1939 | Flensburger SK | 30:02,79 | | 2005 | 26:37,574 |
| 70 | | | | | | | | 27:46,489 |
| 75 | | | | | | | | 38:49,910 |
| 80 | | | | | | | | |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 50m Rücken

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Tanja | Hachmann-Thießen | 1985 | SG Elbe | 0:31,57 | LR | 2008 | 0:33,594 |
| 25 | Tanja | Hachmann-Thießen | 1985 | SV Neptun Kiel | 0:31,75 | LR | 2011 | 0:33,957 |
| 30 | | | | | | | | 0:33,396 |
| 35 | Felicitas | Hornschuh | 1975 | | 0:33,23 | LR | 2014 | 0:35,079 |
| 40 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 0:34,96 | LR | 2008 | 0:35,068 |
| 45 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 0:35,05 | LR | 2010 | 0:36,036 |
| 50 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 0:35,40 | LR | 2014 | 0:37,983 |
| 55 | | | | | | | | 0:40,260 |
| 60 | | | | | | | | 0:43,659 |
| 65 | | | | | | | | 0:45,155 |
| 70 | | | | | | | | 0:47,982 |
| 75 | | | | | | | | 0:54,868 |
| 80 | Lilo | Hoschke-Lengefeld | 1922 | TSV Plön | 1:06,25 | | 2005 | 0:58,905 |
| 85 | | | | | | | | 1:17,880 |
| 90 | | | | | | | | 1:22,522 |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 100m Rücken

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Tanja | Hachmann-Thießen | 1985 | SG Elbe | 1:05,99 | DR | 2008 | 1:12,589 |
| 25 | | | | | | | | 1:10,147 |
| 30 | Barbara | Kehbein | 1969 | VfL Oldesloe | 1:07,25 | LR | 2000 | 1:13,843 |
| 35 | Felicitas | Hornschuh | 1975 | | 1:11,90 | LR | 2014 | 1:12,523 |
| 40 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 1:16,37 | | 2007 | 1:14,756 |
| 45 | Andrea | Wulf | 1962 | SG Lübeck | 1:22,87 | | 2008 | 1:18,606 |
| 50 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 1:20,10 | LR | 2014 | 1:25,767 |
| 55 | Marianne | Lochner | 1947 | TSV Uetersen | 1:37,27 | | 2003 | 1:28,011 |
| 60 | | | | | | | | 1:33,412 |
| 65 | Karin | Voß | 1939 | Ahrensburger TSV | 1:46,24 | | 2004 | 1:37,680 |
| 70 | | | | | | | | 1:52,453 |
| 75 | | | | | | | | 2:06,258 |
| 80 | Lilo | Hoschke-Lengefeld | 1922 | TSV Plön | 2:27,01 | | 2002 | 2:20,833 |
| 85 | Lilo | Hoschke-Lengefeld | 1922 | TSV Plön | 2:33,92 | DR | 2007 | 2:49,312 |
| 90 | | | | | | | | 3:02,039 |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 200m Rücken

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Lisa | Bronowski | 1983 | SV Neptun Kiel | 2:28,40 | LR | 2003 | 2:39,126 |
| 25 | | | | | | | | 2:30,095 |
| 30 | Carola | Mehlert | 1976 | MTV Itzehoe | 2:37,09 | | 2007 | 2:35,771 |
| 35 | | | | | | | | 2:37,091 |
| 40 | Ute | Wunram | 1966 | Swim-Team Elmshorn | 2:45,06 | | 2007 | 2:44,340 |
| 45 | Solveigh | Dogunke | 1959 | SG Norderstedt | 3:00,30 | | 2004 | 2:52,843 |
| 50 | Corinna | v.Appen.Wehde | 1964 | Swim-Team Elmshorn | 2:50,76 | DR | 2014 | 3:11,323 |
| 55 | | | | | | | | 3:09,893 |
| 60 | | | | | | | | 3:23,852 |
| 65 | | | | | | | | 3:27,262 |
| 70 | | | | | | | | 4:05,773 |
| 75 | | | | | | | | 4:33,328 |
| 80 | Ännchen | Reile | 1915 | VfL Oldesloe | 5:29,30 | DR | 1997 | 6:02,230 |
| 85 | | | | | | | | 6:01,460 |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 50m Brust

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Inga | Gäbler | 1990 | SG Elbe | 0:33,56 | LR | 2011 | 0:36,124 |
| 25 | Ann-Katrin | Siedler | 1984 | SC Delphin Lübeck | 0:35,15 | LR | 2011 | 0:35,299 |
| 30 | Jasmin | Sass | 1982 | MTV Heide | 0:36,72 | LR | 2014 | 0:37,114 |
| 35 | Heidrun | Globisch | 1963 | SV Wiking Kiel | 0:38,38 | | 2000 | 0:37,279 |
| 40 | Susann | Hummel | 1971 | SG Elbe | 0:37,70 | LR | 2012 | 0:37,774 |
| 45 | Patricia | Kutz | 1959 | SG Lübeck | 0:40,16 | | 2007 | 0:38,973 |
| 50 | | | | | | | | 0:40,810 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 0:44,91 | | 2003 | 0:42,493 |
| 60 | | | | | | | | 0:42,460 |
| 65 | Brigitte | Schulz | 1940 | PSV Neumünster | 0:49,59 | | 2005 | 0:45,364 |
| 70 | | | | | | | | 0:49,588 |
| 75 | | | | | | | | 0:51,865 |
| 80 | | | | | | | | 0:56,474 |
| 85 | | | | | | | | 1:13,337 |
| 90 | | | | | | | | 1:33,764 |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 100m Brust

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Inga | Gäbler | 1990 | SG Elbe | 1:10,36 | LR | 2010 | 1:18,716 |
| 25 | Mareike | Goos | 1983 | SV Neptun Kiel | 1:16,55 | LR | 2009 | 1:17,781 |
| 30 | | | | | | | | 1:20,080 |
| 35 | Birte | Kahlke | 1972 | SG Elbe | 1:24,28 | | 2007 | 1:22,005 |
| 40 | Hummel | Susann | 1971 | SG Elbe | 1:23,18 | LR | 2012 | 1:24,722 |
| 45 | Patricia | Kutz | 1959 | SG Lübeck | 1:28,76 | | 2004 | 1:26,768 |
| 50 | Patricia | Kutz | 1959 | SG Lübeck | 1:30,18 | LR | 2010 | 1:30,783 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 1:40,54 | | 2004 | 1:34,479 |
| 60 | | | | | | | | 1:35,073 |
| 65 | Brigitte | Schulz | 1940 | PSV Neumünster | 1:48,78 | | 2007 | 1:40,243 |
| 70 | | | | | | | | 1:51,529 |
| 75 | | | | | | | | 2:03,189 |
| 80 | | | | | | | | 2:19,249 |
| 85 | | | | | | | | 2:51,160 |
| 90 | | | | | | | | 3:46,314 |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 200m Brust

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Althaus | Carolin | 1992 | SV Neptun Kiel | 2:43,22 | LR | 2014 | 2:47,068 |
| 25 | | | | | | | | 2:50,126 |
| 30 | Birte | Kahlke | 1972 | SG Elbe | 2:59,57 | | 2006 | 2:55,615 |
| 35 | Birte | Kahlke | 1972 | SG Elbe | 3:00,86 | LR | 2007 | 3:01,291 |
| 40 | Sabine | Nischau | 1962 | SG Norderstedt | 3:10,55 | | 2003 | 3:02,743 |
| 45 | Patricia | Kutz | 1959 | SG Lübeck | 3:13,41 | | 2004 | 3:07,451 |
| 50 | | | | | | | | 3:15,239 |
| 55 | Ingeborg | Schmidt | 1947 | TSV Schleswig | 3:36,79 | | 2004 | 3:23,786 |
| 60 | | | | | | | | 3:26,184 |
| 65 | Annemarie | Lüdicke | 1938 | SG Norderstedt | 3:50,42 | | 2003 | 3:40,913 |
| 70 | | | | | | | | 4:04,134 |
| 75 | | | | | | | | 4:40,346 |
| 80 | | | | | | | | 5:24,577 |
| 85 | | | | | | | | 6:31,017 |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 50m Schmetterling

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | | | | | | | | 0:32,307 |
| 25 | Ricarda | Siebrasse | 1983 | SG Bad Schwartau | 0:32,03 | LR | | 0:32,582 |
| 30 | Katja | Trosien | 1977 | Swim-Team Elmshorn | 0:29,06 | DR | 2008 | 0:31,966 |
| 35 | Urte | Jacobs | 1974 | Swim-Team Elmshorn | 0:31,35 | LR | 2012 | 0:32,791 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 0:30,45 | LR | 2012 | 0:32,857 |
| 45 | Silke | Knuppen | 1963 | SG Lübeck | 0:33,87 | | 2008 | 0:33,022 |
| 50 | | | | | | | | 0:34,265 |
| 55 | | | | | | | | 0:38,346 |
| 60 | Gisela | Schwarz | 1939 | WaRa Norderstedt | 0:44,24 | | 1999 | 0:39,600 |
| 65 | | | | | | | | 0:40,656 |
| 70 | Helga | Wendt | 1935 | Rendsburger TSV | 0:56,70 | | 2005 | 0:44,638 |
| 75 | | | | | | | | 0:54,714 |
| 80 | | | | | | | | 1:07,364 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 100m Schmetterling

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Claudia | Fink | 1986 | Swim-Team Elmshorn | 1:03,90 | DR | 2008 | 1:10,290 |
| 25 | Barbara | Kehbein | 1969 | VfL Oldesloe | 1:04,98 | DR | 1998 | 1:11,478 |
| 30 | Barbara | Kehbein | 1969 | VfL Oldesloe | 1:05,24 | LR | 1999 | 1:10,752 |
| 35 | Heidrun | Globisch | 1958 | SV Wiking Kiel | 1:15,26 | | 2000 | 1:12,446 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 1:06,22 | LR | 2012 | 1:12,710 |
| 45 | Barbara | Kehbein | 1969 | VfL Oldesloe | 1:06,46 | ER | 2014 | 1:14,855 |
| 50 | | | | | | | | 1:21,598 |
| 55 | | | | | | | | 1:28,583 |
| 60 | | | | | | | | 1:29,584 |
| 65 | | | | | | | | 1:38,043 |
| 70 | | | | | | | | 1:44,346 |
| 75 | | | | | | | | 2:30,348 |
| 80 | | | | | | | | 2:36,255 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 200m Schmetterling

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Claudia | Fink | 1986 | SG Lübeck | 2:18,14 | DR | 2007 | 2:31,954 |
| 25 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:20,82 | DR | 1997 | 2:34,902 |
| 30 | Silke | Plagmann | 1977 | SV Neptun Kiel | 2:42,43 | | 2007 | 2:39,533 |
| 35 | | | | | | | | 2:44,516 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:28,20 | LR | 2013 | 2:42,415 |
| 45 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:26,45 | ER | 2014 | 2:56,649 |
| 50 | | | | | | | | 3:16,196 |
| 55 | | | | | | | | 3:20,233 |
| 60 | | | | | | | | 3:52,947 |
| 65 | | | | | | | | 3:49,823 |
| 70 | | | | | | | | 3:58,953 |
| 75 | | | | | | | | 5:35,082 |
| 80 | | | | | | | | |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 100m Lagen

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Lisa | Bronowski | 1983 | SV Neptun Kiel | 1:05,51 | DR | 2004 | 1:14,470 |
| 25 | Tanja | Hachmann-Thießen | 1985 | SV Neptun Kiel | 1:08,02 | LR | 2011 | 1:12,600 |
| 30 | Katja | Trosien | 1977 | Swim-Team Elmshorn | 1:10,08 | LR | 2007 | 1:11,610 |
| 35 | Anette | Seesemann | 1969 | Flensburger SK | 1:12,21 | LR | 2005 | 1:16,670 |
| 40 | Urte | Jacobs | | | 1:14,82 | LR | 2014 | 1:15,966 |
| 45 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 1:17,15 | LR | 2010 | 1:18,518 |
| 50 | Corinna | v. Appen-Wehde | 1964 | Swim-Team Elmshorn | 1:20,26 | LR | 2014 | 1:22,786 |
| 55 | Marianne | Lochner | 1947 | TSV Uetersen | 1:33,79 | | 2003 | 1:25,228 |
| 60 | Brigitte | Schulz | 1940 | PSV Neumünster | 1:39,14 | | 2000 | 1:26,999 |
| 65 | Brigitte | Schulz | 1940 | PSV Neumünster | 1:43,69 | | 2005 | 1:33,500 |
| 70 | Helga | Wendt | 1935 | Rendsburger TSV | 2:21,34 | | 2005 | 1:44,731 |
| 75 | | | | | | | | 2:09,129 |
| 80 | Ursula | Oehmke | 1918 | VfL Oldesloe | 2:22,74 | | 2000 | 2:16,257 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 200m Lagen

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Tanja | Hachmann-Thießen | 1985 | SG Elbe | 2:25,82 | LR | 2008 | 2:37,333 |
| 25 | Christiane | Bunk | 1980 | Swim-Team Elmshorn | 2:31,45 | LR | 2009 | 2:37,487 |
| 30 | | | | | | | | 2:41,689 |
| 35 | Marion | Losch | 1964 | PSV Neumünster | 2:46,31 | | 1999 | 2:39,786 |
| 40 | Barbara | Kehbein | 1969 | VfL Oldesloe | 2:30,07 | LR | 2013 | 2:42,635 |
| 45 | Angela | Sanchez | 1960 | SG Lübeck | 3:12,80 | | 2007 | 2:49,730 |
| 50 | | | | | | | | 2:58,068 |
| 55 | | | | | | | | 3:08,188 |
| 60 | | | | | | | | 3:15,206 |
| 65 | | | | | | | | 3:25,304 |
| 70 | Helga | Wendt | 1935 | Rendsburger TSV | 5:00,07 | | 2007 | 3:45,808 |
| 75 | | | | | | | | 4:43,602 |
| 80 | | | | | | | | 5:23,675 |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |

## 400m Lagen

| AK | Vorname | Nachname | Jahrg. | Verein | Zeit | Bem. | Datum | Limit |
|---|---|---|---|---|---|---|---|---|
| 20 | Carolin | Althaus | 1992 | SV Neptun Kiel | 5:06,16 | DR | 2003 | 5:38,415 |
| 25 | | | | | | | | 5:35,016 |
| 30 | Barbara | Kehbein | 1969 | VfL Oldesloe | 5:04,56 | ER | 2000 | 5:35,016 |
| 35 | Sabine | Peschke | 1974 | Swim-Team Elmshorn | 5:50,42 | LR | 2009 | 5:54,728 |
| 40 | Anja | Templin | 1968 | Rendsburger TSV | 6:56,10 | | 2008 | 5:50,130 |
| 45 | | | | | | | | 6:04,485 |
| 50 | | | | | | | | 6:40,048 |
| 55 | | | | | | | | 6:46,758 |
| 60 | | | | | | | | 6:59,496 |
| 65 | | | | | | | | 7:33,123 |
| 70 | | | | | | | | 8:20,478 |
| 75 | | | | | | | | 10:20,356 |
| 80 | | | | | | | | |
| 85 | | | | | | | | |
| 90 | | | | | | | | |
| 95 | | | | | | | | |
| 100 | | | | | | | | |