

Lage:	AK:	Platz:	Name:	Jhg.:	Verein:	Zeiten:					
400m F	AK 45	32	Christian Herbst	1965	SSC Germania	1:16.27	2:40.35	4:06.57		5:29.24	
400m F	AK 60	13	Barbara Kallenbach	1950	Helmstedter SV	1:44.61	3:39.42	5:33.16		7:22.06	
400m F	AK 30	3	Daniela Lange	1976	SC Hellas Einbeck	1:07.32	2:20.98	3:34.27		4:45.16	
400m F	AK 25	29	Jessica Günther	1982	SC Hellas Einbeck	1:18.60	2:44.86	4:11.23		5:36.30	
50m R	AK 45	50	Ralf Zachmann	1964	Helmstedter SV					38.33	
50m R	AK 65	11	Rosita Alex	1945	S-C Hellas Salzgitter					50.57	
200m S	AK 45	7	Andreas Lange	1965	SC Hellas Einbeck	33.96	1:12.62	1:53.07		2:34.89	
200m S	AK 65	8	Sigrid Koch	1941	Helmstedter SV	1:01.22	2:09.01	3:18.19		4:23.99	
200m S	AK 25	12	Corinna Günther	1984	SC Hellas Einbeck	39.31	1:25.25	2:13.68		2:59.40	
100m R	AK 45	26	Christian Herbst	1965	SSC Germania	36.50				1:15.32	
100m R	AK 65	11	Rosita Alex	1945	S-C Hellas Salzgitter	52.51				1:56.80	
100m R	AK 30	4	Ramona Beckmann	1978	Helmstedter SV	33.68				1:09.65	
100m R	AK 30	27	Anja Gawellek	1980	Helmstedter SV	39.49				1:21.74	
100m R	AK 30	29	Anna-Christine Schmidt	1979	Waspo 08 Göttingen	39.11				1:22.10	
200m B	AK 30	3	Sascha Janitzki	1976	Waspo 08 Göttingen	34.19	1:12.71	1:50.43		2:28.60	
200m B	AK 65	16	Rosita Alex	1945	S-C Hellas Salzgitter	1:01.05	2:07.79	3:16.36		4:22.18	
200m B	AK 30	1	Alexandra Janitzki	1980	Waspo 08 Göttingen	36.70	1:17.65	1:59.42		2:40.90	CR
200m B	AK 30	15	Tatjana Berlin	1978	SC Hellas Einbeck	42.83	1:31.74	2:20.33		3:07.54	
4x50m L	AK 160-199	25	Helmstedter Sv Ralf Zachmann Christian Beckmann Cjell Feilhaber Burkhard Feilhaber	161 1964 1977 1981 1957	Helmstedter SV	 38.08 34.45 30.01 31.26				2:13.80 38.08 1:12.53 1:42.54 2:13.80	
4x50m L	AK 240-279	6	Helmstedter Sv Heike Dräger Brunhild Stassinopoulos Sigrid Koch Barbara Kallenbach	243 1952 1954 1941 1950	Helmstedter SV	 44.79 43.56 53.14 45.31				3:06.80 44.79 1:28.35 2:21.49 3:06.80	
4x50m L	AK 120-159	14	Helmstedter Sv Anja Gawellek Silke Gawellek Ramona Beckmann Birte Geyer	124 1980 1977 1978 1981	Helmstedter SV	 38.01 40.03 30.40 31.42				2:19.86 38.01 1:18.04 1:48.44 2:19.86	
4x50m L	AK 120-159	18	SC Hellas Einbeck Jessica Günther Tatjana Berlin Daniela Lange Corinna Günther	120 1982 1978 1976 1984	SC Hellas Einbeck	 40.06 39.23 30.16 31.60				2:21.05 40.06 1:19.29 1:49.45 2:21.05	
4x50m F	AK 160-199	23	Helmstedter Sv Ralf Zachmann Burkhard Feilhaber Christian Beckmann Cjell Feilhaber	161 1964 1957 1977 1981	Helmstedter SV	 30.58 30.45 28.31 27.51				1:56.85 30.58 1:01.03 1:29.34 1:56.85	

4x50m F	AK 240-279	7	Helmstedter Sv Sigrid Koch Barbara Kallenbach Heike Dräger Barbara Bergmann	241 1941 1950 1952 1956	Helmstedter SV	43.78 44.98 39.22 38.65				2:46.63 43.78 1:28.76 2:07.98 2:46.63	
4x50m F	AK 120-159	17	Helmstedter Sv Silke Gawellek Anja Gawellek Birte Geyer Ramona Beckmann	124 1977 1980 1981 1978	Helmstedter SV	32.55 33.87 31.50 30.09				2:08.01 32.55 1:06.42 1:37.92 2:08.01	
4x50m F	AK 120-159	19	SC Hellas Einbeck Jessica Günther Tatjana Berlin Corinna Günther Daniela Lange	120 1982 1978 1984 1976	SC Hellas Einbeck	33.61 35.60 32.11 27.86				2:09.18 33.61 1:09.21 1:41.32 2:09.18	
4x50m F	AK 160-199	50	Helmstedter Sv Anja Gawellek Barbara Bergmann Burkhard Feilhaber Ralf Zachmann	183 1980 1956 1957 1964	Helmstedter SV	34.17 37.08 30.88 29.82				2:11.95 34.17 1:11.25 1:42.13 2:11.95	
4x50m F	AK 120-159	17	Helmstedter Sv Ramona Beckmann Birte Geyer Cjell Feilhaber Christian Beckmann	123 1978 1981 1981 1977	Helmstedter SV	30.01 31.91 27.56 28.16				1:57.64 30.01 1:01.92 1:29.48 1:57.64	
4x50m F	AK 120-159	20	SC Hellas Einbeck Stefan Schrank Corinna Günther Andreas Lange Daniela Lange	142 1973 1984 1965 1976	SC Hellas Einbeck	31.22 32.10 27.52 27.71				1:58.55 31.22 1:03.32 1:30.84 1:58.55	
4x50m L	AK 240-279	22	Helmstedter Sv Ludwig Geyer Eckhard Dr. Sommer Gunhild Schridde Elke Geyer	247 1954 1940 1944 1955	Helmstedter SV	40.79 55.23 1:02.34 45.09				3:23.45 40.79 1:36.02 2:38.36 3:23.45	
4x50m L	AK 200-239	23	Helmstedter Sv Heike Dräger Barbara Bergmann Ralf Zachmann Rainer Wittneben	203 1952 1956 1964 1965	Helmstedter SV	46.25 44.58 31.59 30.74				2:33.16 46.25 1:30.83 2:02.42 2:33.16	

4x50m L	AK 120-159	28	Helmstedter Sv Ramona Beckmann Silke Gawellek Cjell Feilhaber Christian Beckmann	127 1978 1977 1981 1977	Helmstedter SV	33.70 40.65 30.43 27.89				2:12.67 33.70 1:14.35 1:44.78 2:12.67	
4x50m L	AK 120-159	31	SC Hellas Einbeck Andreas Lange Tatjana Berlin Daniela Lange Stefan Schrank	148 1965 1978 1976 1973	SC Hellas Einbeck	34.39 39.72 30.05 31.39				2:15.55 34.39 1:14.11 1:44.16 2:15.55	
50m B	AK 55	37	Ludwig Geyer	1954	Helmstedter SV					41.00	
50m B	AK 35	41	Stefan Schrank	1973	SC Hellas Einbeck					36.82	
50m B	AK 30	11	Sascha Janitzki	1976	Waspo 08 Göttingen					31.15	
50m B	AK 25	18	Dennis Hermanski	1985	Wasserfreunde Northeim					31.90	
50m B	AK 65	27	Gunhild Schridde	1944	Helmstedter SV					1:01.29	
50m B	AK 55	12	Brunhild Stassinopoulos	1954	Helmstedter SV					44.94	
50m B	AK 55	33	Elke Geyer	1955	Helmstedter SV					53.60	
50m B	AK 50	4	Elke Ostwald	1958	TSV Hohenhameln					40.32	
50m B	AK 50	26	Barbara Bergmann	1956	Helmstedter SV					45.01	
50m B	AK 40	17	Kerstin Krumbach	1967	Waspo 08 Göttingen					40.23	
50m B	AK 40	31	Britta Wagner	1968	TSV Hohenhameln					42.51	
50m B	AK 30	3	Alexandra Janitzki	1980	Waspo 08 Göttingen					34.51	
50m B	AK 30	20	Tatjana Berlin	1978	SC Hellas Einbeck					39.52	
50m B	AK 30	23	Silke Gawellek	1977	Helmstedter SV					39.81	
50m B	AK 25	35	Birte Geyer	1981	Helmstedter SV					41.50	
100m S	AK 45	29	Ralf Zachmann	1964	Helmstedter SV	34.53				1:14.48	
100m S	AK 65	8	Sigrid Koch	1941	Helmstedter SV	57.38				1:58.76	
100m S	AK 30	2	Daniela Lange	1976	SC Hellas Einbeck	31.77				1:08.20	
100m S	AK 30	26	Anna-Christine Schmidt	1979	Waspo 08 Göttingen	36.05				1:18.85	
200m L	AK 45	19	Andreas Lange	1965	SC Hellas Einbeck	31.81	1:11.11	1:55.98		2:31.69	
200m L	AK 45	38	Christian Herbst	1965	SSC Germania	33.40	1:17.42	2:08.46		2:46.28	
200m L	AK 30	3	Sascha Janitzki	1976	Waspo 08 Göttingen	28.72	1:04.79	1:42.41		2:14.02	
200m L	AK 55	15	Heike Dräger	1952	Helmstedter SV	50.84	1:44.89	2:47.76		3:37.16	
200m L	AK 30	1	Alexandra Janitzki	1980	Waspo 08 Göttingen	31.43	1:10.57	1:51.49		2:26.61	
200m L	AK 30	45	Tatjana Berlin	1978	SC Hellas Einbeck	40.54	1:33.73	2:21.80		3:07.02	
200m L	AK 25	30	Corinna Günther	1984	SC Hellas Einbeck	38.09	1:25.21	2:18.46		2:57.54	
50m F	AK 55	113	Rainer Wittneben	1965	Helmstedter SV					31.58	
50m F	AK 25	32	Dennis Hermanski	1985	Wasserfreunde Northeim					25.86	
50m F	AK 25	79	Cjell Feilhaber	1981	Helmstedter SV					27.62	
50m F	AK 50	3	Elke Ostwald	1958	TSV Hohenhameln					30.83	
50m F	AK 40	50	Britta Wagner	1968	TSV Hohenhameln					33.04	
50m S	AK 45	55	Ralf Zachmann	1964	Helmstedter SV					32.00	
50m S	AK 25	29	Dennis Hermanski	1985	Wasserfreunde Northeim					28.20	
200m F	AK 60	18	Barbara Kallenbach	1950	Helmstedter SV	47.86	1:44.47	2:42.38		3:38.94	

200m F	AK 45	31	Carmen Braun	1964	Wasserfreunde Northeim	38.59	1:22.62	2:09.71		2:55.62	
200m F	AK 30	7	Daniela Lange	1976	SC Hellas Einbeck	31.36	1:05.92	1:41.05		2:15.30	
400m L	AK 45	9	Andreas Lange	1965	SC Hellas Einbeck	1:12.79	2:37.28	4:11.40		5:26.54	
400m L	AK 65	6	Sigrid Koch	1941	Helmstedter SV	2:10.05	4:20.71	6:40.00		8:29.41	
400m L	AK 55	14	Heike Dräger	1952	Helmstedter SV	1:56.17	3:51.84	5:58.62		7:46.81	
400m L	AK 30	1	Alexandra Janitzki	1980	Waspo 08 Göttingen	1:09.89	2:33.63	3:58.68		5:09.95	
400m L	AK 30	8	Daniela Lange	1976	SC Hellas Einbeck	1:15.27	2:45.36	4:27.71		5:38.89	
200m F	AK 60	18	Barbara Kallenbach	1950	Helmstedter SV	47.86	1:44.47	2:42.38		3:38.94	
200m F	AK 45	31	Carmen Braun	1964	Wasserfreunde Northeim	38.59	1:22.62	2:09.71		2:55.62	
200m F	AK 30	7	Daniela Lange	1976	SC Hellas Einbeck	31.36	1:05.92	1:41.05		2:15.30	
100m B	AK 35	54	Stefan Schrank	1973	SC Hellas Einbeck	39.70				1:26.27	
100m B	AK 30	7	Sascha Janitzki	1976	Waspo 08 Göttingen	32.36				1:08.88	
100m B	AK 25	24	Dennis Hermanski	1985	Wasserfreunde Northeim	33.38				1:12.78	
100m B	AK 65	26	Rosita Alex	1945	S-C Hellas Salzgitter	1:00.59				2:04.28	
100m B	AK 55	37	Elke Geyer	1955	Helmstedter SV	55.58				1:57.55	
100m B	AK 50	10	Elke Ostwald	1958	TSV Hohenhameln	43.35				1:31.14	
100m B	AK 50	30	Barbara Bergmann	1956	Helmstedter SV	48.48				1:41.17	
100m B	AK 40	13	Kerstin Krumbach	1967	Waspo 08 Göttingen	40.65				1:27.03	
100m B	AK 40	33	Britta Wagner	1968	TSV Hohenhameln	44.81				1:35.99	
100m B	AK 30	1	Alexandra Janitzki	1980	Waspo 08 Göttingen	35.15				1:15.98	
100m B	AK 30	23	Tatjana Berlin	1978	SC Hellas Einbeck	40.81				1:27.72	
100m B	AK 30	25	Silke Gawellek	1977	Helmstedter SV	41.38				1:28.47	
100m B	AK 25	28	Birte Geyer	1981	Helmstedter SV	42.33				1:31.36	
100m F	AK 25	22	Dennis Hermanski	1985	Wasserfreunde Northeim	26.80				56.23	
100m F	AK 50	5	Elke Ostwald	1958	TSV Hohenhameln	32.08				1:09.24	
100m F	AK 50	34	Barbara Bergmann	1956	Helmstedter SV	40.47				1:24.66	
100m F	AK 45	36	Carmen Braun	1964	Wasserfreunde Northeim	37.04				1:17.98	
100m F	AK 40	51	Britta Wagner	1968	TSV Hohenhameln	34.91				1:16.32	
100m F	AK 40	57	Kerstin Krumbach	1967	Waspo 08 Göttingen	35.90				1:18.54	
200m R	AK 65	11	Rosita Alex	1945	S-C Hellas Salzgitter	54.68	1:56.66	3:00.48		4:02.96	
200m R	AK 60	29	Barbara Kallenbach	1950	Helmstedter SV	57.46	2:02.44	3:07.92		4:11.28	
200m R	AK 55	17	Heike Dräger	1952	Helmstedter SV	51.07	1:48.15	2:48.90		3:42.00	
200m R	AK 30	3	Ramona Beckmann	1978	Helmstedter SV	34.90	1:12.61	1:51.09		2:29.59	
200m R	AK 30	19	Anja Gawellek	1980	Helmstedter SV	40.78	1:25.56	2:11.79		2:58.35	
200m R	AK 30	21	Anna-Christine Schmidt	1979	Waspo 08 Göttingen	40.52	1:25.43	2:12.21		3:00.08	
800m F	AK 30	21	Christian Beckmann	1977	Helmstedter SV	1:08.84	2:26.78	3:46.92	5:05.60	10:13.97	
						6:23.94	7:42.14	9:00.42			
800m F	AK 30	3	Daniela Lange	1976	SC Hellas Einbeck	1:07.67	2:21.44	3:36.59	4:52.10	9:53.52	
						6:07.75	7:24.52	8:41.22			