

# Protokoll

Gemeinsame Landesmeisterschaften der Masters lange Strecke der Länder Niedersachsen und Bremen  
vom 16.02.2013 bis 17.02.2013  
Langenhagen

Veranstalter: Landesschwimmverband Niedersachsen e.V.  
Ausrichter: SV Langenhagen '71 e.V.

## Adresse des Schwimmbades

Hallenfreibad Godshorn  
Berliner Allee 80  
30855 Langenhagen

5 Bahnen à 25m      Wellenkillerleinen      Handzeitnahme      Wassertemperatur: ca. 27°C

Abschnitt	Datum	Einlass	Einschwimmen	Kari-Sitzung	Beginn
1	16.02.2013	13:00 Uhr	13:00 Uhr	13:15 Uhr	14:00 Uhr
2	17.02.2013	09:00 Uhr	09:00 Uhr	09:15 Uhr	10:00 Uhr
3	17.02.2013	00:00 nach Abs. 2	00:00 nach Abs. 2	00:20 nach Abs. 2	00:45 nach Abs. 2

## Anzahl der Meldungen

Anzahl der Teilnehmer: weiblich/männlich

Anzahl der Starts pro Abschnitt: Einzel/Staffel

Landesschwimmverband Niedersachsen (LSV-Nr. 9)

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
ASC Göttingen von 1846 e.V.	3667	1/1	0/0	2/0	0/0	2/0
Eintracht Hildesheim	3694	0/5	0/0	4/0	2/0	6/0
Helmstedter SV 1913	3710	11/5	6/1	5/3	6/1	17/5
Oldenburger SV 1902	5993	0/1	1/0	2/0	1/0	4/0
SC Altwarmbüchen	3953	1/1	2/0	2/0	2/0	6/0
SC Barsinghausen	3766	1/0	0/0	1/0	1/0	2/0
SC Hellas Salzgitter	3773	3/5	5/1	4/0	1/0	10/1
SC Stadthagen	3782	1/0	1/0	1/0	0/0	2/0
Schwimm-Club Seevetal	5064	1/0	0/0	2/0	0/0	2/0
SG Osnabrück	3793	0/1	1/0	2/0	0/0	3/0
SG Weser - Ems/Oldenburg	3818	2/1	1/0	3/0	2/0	6/0
SG Wiste	3820	4/0	0/0	2/1	5/0	7/1
SGS Hannover	3807	6/7	5/2	7/0	5/0	17/2
SGS Verden/Dörverden	3816	1/1	0/0	2/0	3/0	5/0
SSF Obernkirchen	3828	1/1	1/0	1/0	1/0	3/0
SSG Braunschweig	3830	0/2	0/0	2/0	2/0	4/0
SV Ganderkesee 69 e.V.	3843	1/0	0/0	2/0	1/0	3/0
SV Garbsen	5416	2/4	3/1	2/0	0/0	5/1
SV Langenhagen '71	3870	0/3	3/0	3/0	1/0	7/0
SV Nienhagen 1928	3874	0/1	1/0	0/0	2/0	3/0
TSG Westerstede	3904	0/2	1/0	1/0	1/0	3/0
TSV Achim 1860	3907	2/0	2/0	2/0	3/0	7/0
TSV Altenwalde 1906	3908	1/0	2/0	0/0	0/0	2/0
TSV Barsinghausen	3912	1/2	0/0	4/0	3/0	7/0
TSV Ottersberg	3934	0/1	1/0	0/0	0/0	1/0
TSV Pattensen	3936	1/3	3/0	4/0	2/0	9/0
TSV Rhüden	3939	1/0	1/0	1/0	0/0	2/0
TSV Salzgitter	3940	1/0	2/0	1/0	1/0	4/0
TV Jahn Wolfsburg	3996	2/1	0/0	0/0	3/0	3/0
TV Uelzen von 1860 e. V.	4001	0/1	1/0	1/0	1/0	3/0
VfV Hildesheim	4026	0/1	1/0	0/0	0/0	1/0
W98 Hannover	6661	2/3	2/0	5/0	5/0	12/0
Waspo 08 Göttingen	4044	3/1	0/0	4/0	5/0	9/0
Wilhelmshavener SSV	4040	2/2	2/0	1/0	3/0	6/0
WSG Wunstorf	6544	5/3	3/0	6/0	1/0	10/0
<b>Gesamt für den Verband</b>		<b>57/59</b>	<b>51/5</b>	<b>79/4</b>	<b>63/1</b>	<b>193/10</b>

Gesamtzahl der Meldungen

Verein	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
<b>Gesamt alle Vereine</b>	<b>57/59</b>	<b>51/5</b>	<b>79/4</b>	<b>63/1</b>	<b>193/10</b>

## Kampfgericht Abschnitt 1

<b>Position</b>	<b>Name</b>	<b>Verein</b>
Schiedsrichter	Wolfgang Schlüter	LSN
Schiedsrichter	Andreas Helmold	LSN (TSV Salzgitter)
Starter	Kai Mario Falk	
Schwimmrichter 1	nicht amtierender Schiedsrichter	LSN
Schwimmrichter 2	Dagmar König	SGS Hannover
Sprecher 1	Vanessa Blech	SV Langenhagen '71
Auswerter 1	Jürgen Barthelt	SC Hellas Salzgitter
Protokollführer	Melanie Battermann	SV Langenhagen '71
Computer 1	Frank Winkel	SV Langenhagen '71
 <i>Zielgericht</i>		
Zielrichterobmann	Monika Otte	Helmstedter SV 1913
Zielrichter 1	Christian Gierke	TSV Achim 1860
Zielrichter 2	Schiedsrichter	LSN
 <i>Zeitgericht 1</i>		
Zeitnehmerobmann	Cornelia Neubert	SGS Hannover
Zeitnehmer Bahn 1	Barbara Franke-Fischer	SC Altwarmbüchen
Zeitnehmer Bahn 2	Markus Kramer	Helmstedter SV 1913
Zeitnehmer Bahn 3	Carina Schulze	SC Hellas Salzgitter
Zeitnehmer Bahn 4	Carsten Bentlage	SV Garbsen
Zeitnehmer Bahn 5	Helmut Kortendieck	Wilhelmshavener SSV
Reservezeitnehmer 1	Stephan Sundram	SGS Hannover
 <i>Wendegericht</i>		
Wenderichterobmann	Gabriele Nicolai	TSV Pattensen
Wenderichter Bahn 1	WRO	
Wenderichter Bahn 2	Diana Brockmann	TSV Altenwalde 1906
Wenderichter Bahn 3	Bahn 2	
Wenderichter Bahn 4	Wolfgang Bächle	WSG Wunstorf
Wenderichter Bahn 5	Bahn 4	

In Wettkampf 7 wurde Zeitnehmer Bahn 2 (Markus Kramer) von Florian Battermann abgelöst.

## Abschnitt 1

Wettkampf 1	4x200m Freistil weiblich
Wettkampf 2	4x200m Freistil männlich
Wettkampf 3	400m Lagen weiblich
Wettkampf 4	800m Freistil männlich
Wettkampf 5	1500m Freistil männlich
Wettkampf 6	200m Schmetterling weiblich
Wettkampf 7	200m Brust männlich

## Wettkampf 1 - 4x200m Freistil weiblich

### AK 160+

1.	1. Mannschaft	160+ (172)	SGS Hannover	10:00,87
	Andrea Martin - Jg. 1981/AK30 - 100m: 01:07,03 (01:07,03) 200m: 02:20,17 (01:13,14)			
	Betina Hillmayr - Jg. 1971/AK40 - 300m: 03:30,16 (01:09,99) 400m: 04:49,46 (01:19,30)			
	Dorothea Pielke - Jg. 1965/AK45 - 500m: 06:03,48 (01:14,02) 600m: 07:23,30 (01:19,82)			
	Chritiane Staffeldt - Jg. 1963/AK50 - 700m: 08:36,67 (01:13,37) 800m: 10:00,87 (01:24,20)			
2.	1. Mannschaft	160+ (195)	Helmstedter SV 1913	11:50,98
	Susanne Krack - Jg. 1956/AK55 - 100m: 01:25,23 (01:25,23) 200m: 02:54,83 (01:29,60)			
	Ramona Beckmann - Jg. 1978/AK35 - 300m: 04:06,92 (01:12,09) 400m: 05:23,64 (01:16,72)			
	Barbara Bergmann - Jg. 1956/AK55 - 500m: 06:53,42 (01:29,78) 600m: 08:31,61 (01:38,19)			
	Claudia Löw - Jg. 1967/AK45 - 700m: 10:07,92 (01:36,31) 800m: 11:50,98 (01:43,06)			

Die Mannschaft AK 160+ der SGS Hannover ist vorbehaltlich der Anerkennung einen neuen deutschen Altersklassenrekord geschwommen!

## Wettkampf 2 - 4x200m Freistil männlich

### AK 100+

1.	1. Mannschaft	100+ (105)	SV Garbsen	08:45,20
	Sascha Hausmann - Jg. 1987/AK25 - 100m: 01:02,20 (01:02,20) 200m: 02:12,61 (01:10,41)			
	Florian Gaßmann - Jg. 1986/AK25 - 300m: 03:15,75 (01:03,14) 400m: 04:27,76 (01:12,01)			
	Sebastian Lühning - Jg. 1993/AK20 - 600m: 06:39,23 (02:11,47)			
	Fabian Peter - Jg. 1981/AK30 - 700m: 07:39,65 (01:00,42) 800m: 08:45,20 (01:05,55)			

### AK 120+

1.	1. Mannschaft	120+ (145)	SC Hellas Salzgitter	09:26,75
	Sebastian Schulze - Jg. 1987/AK25 - 100m: 00:58,83 (00:58,83) 200m: 02:07,14 (01:08,31)			
	Christian Jablonka - Jg. 1984/AK25 - 300m: 03:16,33 (01:09,19) 400m: 04:35,94 (01:19,61)			
	Thorsten Maue - Jg. 1976/AK35 - 500m: 05:43,13 (01:07,19) 600m: 07:02,85 (01:19,72)			
	Peter Schulze - Jg. 1960/AK50 - 700m: 08:10,47 (01:07,62) 800m: 09:26,75 (01:16,28)			

### AK 160+

1.	1. Mannschaft	160+ (171)	SGS Hannover	08:43,26
	Holger Ladenthin - Jg. 1979/AK30 - 100m: 00:57,82 (00:57,82) 200m: 02:00,00 (01:02,18)			
	Joachim König - Jg. 1966/AK45 - 300m: 03:04,76 (01:04,76) 400m: 04:15,67 (01:10,91)			
	Kai Dorau - Jg. 1966/AK45 - 500m: 05:21,86 (01:06,19) 600m: 06:31,48 (01:09,62)			
	Volker Flucht - Jg. 1970/AK40 - 700m: 07:34,95 (01:03,47) 800m: 08:43,26 (01:08,31)			

## Wettkampf 3 - 400m Lagen weiblich

## Wettkampf 3 - 400m Lagen weiblich

### AK 70

#### 1. und Landesmeister AK 70

Sigrid Koch 1941/AK70 Helmstedter SV 1913 08:46,12  
100m: 02:09,01 (02:09,01) 200m: 04:26,34 (02:17,33)  
300m: 06:50,36 (02:24,02) 400m: 08:46,12 (01:55,76)

### AK 60

#### 1. und Landesmeister AK 60

Sabine Morche-Bloch 1950/AK60 TSV Achim 1860 07:21,26  
100m: 01:37,29 (01:37,29) 200m: 03:37,54 (02:00,25)  
300m: 05:35,48 (01:57,94) 400m: 07:21,26 (01:45,78)

2. Gabriele Hilke 1953/AK60 TSV Salzgitter 08:37,47  
100m: 02:06,56 (02:06,56) 200m: 04:18,12 (02:11,56)  
300m: 06:35,65 (02:17,53) 400m: 08:37,47 (02:01,82)

### AK 55

#### 1. und Landesmeister AK 55

Susanne Krack 1956/AK55 Helmstedter SV 1913 06:53,24  
100m: 01:38,54 (01:38,54) 200m: 03:28,55 (01:50,01)  
300m: 05:19,47 (01:50,92) 400m: 06:53,24 (01:33,77)

### AK 45

#### 1. und Landesmeister AK 45

Dorit Gierke 1965/AK45 WSG Wunstorf 05:58,02  
100m: 01:21,16 (01:21,16) 200m: 02:54,51 (01:33,35)  
300m: 04:37,13 (01:42,62) 400m: 05:58,02 (01:20,89)

2. Kirsten Lange 1967/AK45 TSV Altenwalde 1906 06:50,65  
100m: 01:32,93 (01:32,93) 200m: 03:23,78 (01:50,85)  
300m: 05:14,25 (01:50,47) 400m: 06:50,65 (01:36,40)

### AK 40

#### 1. und Landesmeister AK 40

Kati Maaß 1973/AK40 SC Stadthagen 05:50,81  
100m: 01:26,87 (01:26,87) 200m: 02:46,63 (01:19,76)  
300m: 04:30,78 (01:44,15) 400m: 05:50,81 (01:20,03)

2. Kai Sachtleber 1971/AK40 SG Weser - Ems/Oldenburg 06:01,60  
100m: 01:20,93 (01:20,93) 200m: 02:58,73 (01:37,80)  
300m: 04:41,86 (01:43,13) 400m: 06:01,60 (01:19,74)

3. Betina Hillmayr 1971/AK40 SGS Hannover 06:08,08  
100m: 01:22,55 (01:22,55) 200m: 03:01,94 (01:39,39)  
300m: 04:45,99 (01:44,05) 400m: 06:08,08 (01:22,09)

### AK 35

#### 1. und Landesmeister AK 35

Ramona Beckmann 1978/AK35 Helmstedter SV 1913 05:42,67  
100m: 01:15,67 (01:15,67) 200m: 02:43,23 (01:27,56)  
300m: 04:23,39 (01:40,16) 400m: 05:42,67 (01:19,28)

### AK 30

#### 1. und Landesmeister AK 30

Sarina Baum 1981/AK30 SV Garbsen 06:09,02  
100m: 01:17,89 (01:17,89) 200m: 02:56,59 (01:38,70)  
300m: 04:41,97 (01:45,38) 400m: 06:09,02 (01:27,05)

## Wettkampf 3 - 400m Lagen weiblich

### AK 25

#### 1. und Landesmeister AK 25

Melanie Niepel 1987/AK25 TSV Rhüden 06:25,47  
100m: 01:27,69 (01:27,69) 200m: 03:04,85 (01:37,16)  
300m: 04:58,25 (01:53,40) 400m: 06:25,47 (01:27,22)

### AK 20

#### 1. und Landesmeister AK 20

Erika Franz 1992/AK20 SV Garbsen 05:56,82  
100m: 01:17,30 (01:17,30) 200m: 02:48,87 (01:31,57)  
300m: 04:33,66 (01:44,79) 400m: 05:56,82 (01:23,16)

## Wettkampf 4 - 800m Freistil männlich

## Wettkampf 5 - 1500m Freistil männlich

### AK 60

#### 1. und Landesmeister AK 60

Dietmar Langer 1953/AK60 SC Altwarmbüchen 22:14,20  
100m: 01:19,10 (01:19,10) 200m: 02:46,04 (01:26,94)  
300m: 04:13,67 (01:27,63) 400m: 05:42,60 (01:28,93)  
500m: 07:11,82 (01:29,22) 600m: 08:41,39 (01:29,57)  
700m: 10:12,13 (01:30,74) 800m: 11:43,02 (01:30,89)  
900m: 13:13,86 (01:30,84) 1000m: 14:44,67 (01:30,81)  
1100m: 16:15,39 (01:30,72) 1200m: 17:45,54 (01:30,15)  
1300m: 19:14,57 (01:29,03) 1400m: 20:46,29 (01:31,72)  
1500m: 22:14,20 (01:27,91)

2. Klaus Beckmann 1951/AK60 Oldenburger SV 1902 22:40,22  
100m: 01:17,25 (01:17,25) 200m: 02:43,26 (01:26,01)  
300m: 04:10,61 (01:27,35) 400m: 05:39,98 (01:29,37)  
500m: 07:09,43 (01:29,45) 600m: 08:39,26 (01:29,83)  
700m: 10:09,53 (01:30,27) 800m: 11:40,38 (01:30,85)  
900m: 13:11,02 (01:30,64) 1000m: 14:42,13 (01:31,11)  
1100m: 16:13,20 (01:31,07) 1200m: 17:46,12 (01:32,92)  
1300m: 19:24,30 (01:38,18) 1400m: 21:03,44 (01:39,14)  
1500m: 22:40,22 (01:36,78)

### abgemeldet

Rolf Thiry 1953/AK60 VfV Hildesheim

### AK 50

#### 1. und Landesmeister AK 50

Alexander Middendorff 1961/AK50 W98 Hannover 19:43,86  
100m: 01:11,80 (01:11,80) 200m: 02:27,82 (01:16,02)  
300m: 03:44,45 (01:16,63) 400m: 05:02,04 (01:17,59)  
500m: 06:20,82 (01:18,78) 600m: 07:40,32 (01:19,50)  
700m: 09:00,02 (01:19,70) 800m: 10:21,07 (01:21,05)  
900m: 11:42,07 (01:21,00) 1000m: 13:03,57 (01:21,50)  
1100m: 14:23,86 (01:20,29) 1200m: 15:45,26 (01:21,40)  
1300m: 17:06,36 (01:21,10) 1400m: 18:26,54 (01:20,18)  
1500m: 19:43,86 (01:17,32)

## Wettkampf 5 - 1500m Freistil männlich

### AK 50

2. Dr. Bodo Studtmann 1961/AK50 TV Uelzen von 1860 e. V. 20:10,77  
100m: 01:12,27 (01:12,27) 200m: 02:30,14 (01:17,87)  
300m: 03:49,94 (01:19,80) 400m: 05:10,99 (01:21,05)  
500m: 06:31,96 (01:20,97) 600m: 07:53,37 (01:21,41)  
700m: 09:15,20 (01:21,83) 800m: 10:37,16 (01:21,96)  
900m: 11:59,80 (01:22,64) 1000m: 13:21,47 (01:21,67)  
1100m: 14:43,42 (01:21,95) 1200m: 16:06,56 (01:23,14)  
1300m: 17:29,86 (01:23,30) 1400m: 18:52,10 (01:22,24)  
1500m: 20:10,77 (01:18,67)
3. Peter Schulze 1960/AK50 SC Hellas Salzgitter 22:05,53  
100m: 01:15,12 (01:15,12) 200m: 02:40,56 (01:25,44)  
300m: 04:09,40 (01:28,84) 400m: 05:37,72 (01:28,32)  
500m: 07:06,84 (01:29,12) 600m: 08:36,81 (01:29,97)  
700m: 10:07,50 (01:30,69) 800m: 11:37,28 (01:29,78)  
900m: 13:07,65 (01:30,37) 1000m: 14:37,53 (01:29,88)  
1100m: 16:07,65 (01:30,12) 1200m: 17:38,47 (01:30,82)  
1300m: 19:08,34 (01:29,87) 1400m: 20:38,19 (01:29,85)  
1500m: 22:05,53 (01:27,34)

### AK 45

1. und Landesmeister AK 45  
Joachim Steincke 1966/AK45 SGS Hannover 19:35,48  
100m: 01:11,72 (01:11,72) 200m: 02:28,68 (01:16,96)  
300m: 03:44,99 (01:16,31) 400m: 05:01,11 (01:16,12)  
500m: 06:17,87 (01:16,76) 600m: 07:35,91 (01:18,04)  
700m: 08:54,59 (01:18,68) 800m: 10:14,70 (01:20,11)  
900m: 11:34,94 (01:20,24) 1000m: 12:55,79 (01:20,85)  
1100m: 14:16,96 (01:21,17) 1200m: 15:37,64 (01:20,68)  
1300m: 16:58,66 (01:21,02) 1400m: 18:18,25 (01:19,59)  
1500m: 19:35,48 (01:17,23)

### AK 35

1. und Landesmeister AK 35  
Florian Battermann 1974/AK35 SV Langenhagen '71 20:48,25  
100m: 01:08,44 (01:08,44) 200m: 02:26,75 (01:18,31)  
300m: 03:48,41 (01:21,66) 400m: 05:13,56 (01:25,15)  
500m: 06:38,31 (01:24,75) 600m: 08:03,50 (01:25,19)  
700m: 09:29,12 (01:25,62) 800m: 10:54,87 (01:25,75)  
900m: 12:20,12 (01:25,25) 1000m: 13:45,22 (01:25,10)  
1100m: 15:10,31 (01:25,09) 1200m: 16:35,97 (01:25,66)  
1300m: 18:01,69 (01:25,72) 1400m: 19:26,78 (01:25,09)  
1500m: 20:48,25 (01:21,47)
2. Malte Pacholke 1975/AK35 TSG Westerstede 20:54,16  
100m: 01:10,89 (01:10,89) 200m: 02:30,39 (01:19,50)  
300m: 03:52,70 (01:22,31) 400m: 05:16,39 (01:23,69)  
500m: 06:41,54 (01:25,15) 600m: 08:07,07 (01:25,53)  
700m: 09:33,07 (01:26,00) 800m: 10:59,10 (01:26,03)  
900m: 12:23,76 (01:24,66) 1000m: 13:49,42 (01:25,66)  
1100m: 15:15,23 (01:25,81) 1200m: 16:40,02 (01:24,79)  
1300m: 18:07,32 (01:27,30) 1400m: 19:33,42 (01:26,10)  
1500m: 20:54,16 (01:20,74)
3. Malte Tosch 1974/AK35 W98 Hannover 26:06,05  
100m: 01:32,80 (01:32,80) 200m: 03:16,80 (01:44,00)  
300m: 05:01,39 (01:44,59) 400m: 06:46,73 (01:45,34)  
500m: 08:32,65 (01:45,92) 600m: 10:17,65 (01:45,00)  
700m: 12:02,96 (01:45,31) 800m: 13:49,06 (01:46,10)  
900m: 15:34,59 (01:45,53) 1000m: 17:20,79 (01:46,20)  
1100m: 19:08,11 (01:47,32) 1200m: 20:55,13 (01:47,02)  
1300m: 22:41,84 (01:46,71) 1400m: 24:27,58 (01:45,74)  
1500m: 26:06,05 (01:38,47)

## Wettkampf 5 - 1500m Freistil männlich

### AK 30

#### 1. und Landesmeister AK 30

Holger Ladenthin                      1979/AK30    SGS Hannover                      17:47,89  
100m: 01:04,02 (01:04,02) 200m: 02:12,57 (01:08,55)  
300m: 03:22,29 (01:09,72) 400m: 04:32,69 (01:10,40)  
500m: 05:43,66 (01:10,97) 600m: 06:54,34 (01:10,68)  
700m: 08:06,66 (01:12,32) 800m: 09:19,37 (01:12,71)  
900m: 10:32,74 (01:13,37) 1000m: 11:45,13 (01:12,39)  
1100m: 12:58,00 (01:12,87) 1200m: 14:11,34 (01:13,34)  
1300m: 15:24,05 (01:12,71) 1400m: 16:36,49 (01:12,44)  
1500m: 17:47,89 (01:11,40)

### AK 25

#### 1. und Landesmeister AK 25

Sebastian Schulze                      1987/AK25    SC Hellas Salzgitter              19:09,63  
100m: 01:06,00 (01:06,00) 200m: 02:19,51 (01:13,51)  
300m: 03:34,17 (01:14,66) 400m: 04:49,83 (01:15,66)  
500m: 06:06,24 (01:16,41) 600m: 07:23,53 (01:17,29)  
700m: 08:41,20 (01:17,67) 800m: 09:58,67 (01:17,47)  
900m: 11:18,38 (01:19,71) 1000m: 12:36,78 (01:18,40)  
1100m: 13:55,47 (01:18,69) 1200m: 15:14,63 (01:19,16)  
1300m: 16:33,24 (01:18,61) 1400m: 17:52,43 (01:19,19)  
1500m: 19:09,63 (01:17,20)

## Wettkampf 6 - 200m Schmetterling weiblich

### AK 70

#### 1. und Landesmeister AK 70

Sigrid Koch                              1941/AK70    Helmstedter SV 1913              04:26,94  
100m: 02:09,97 (02:09,97) 200m: 04:26,94 (02:16,97)

### AK 60

#### 1. und Landesmeister AK 60

Sabine Morche-Bloch                      1950/AK60    TSV Achim 1860                      03:32,68  
100m: 01:41,17 (01:41,17) 200m: 03:32,68 (01:51,51)

2. Gabriele Hilke                              1953/AK60    TSV Salzgitter                      04:24,29  
100m: 02:09,36 (02:09,36) 200m: 04:24,29 (02:14,93)

### AK 55

#### 1. und Landesmeister AK 55

Susanne Krack                              1956/AK55    Helmstedter SV 1913              03:25,29  
100m: 01:40,05 (01:40,05) 200m: 03:25,29 (01:45,24)

### AK 45

#### 1. und Landesmeister AK 45

Kirsten Lange                              1967/AK45    TSV Altenwalde 1906              03:19,25  
100m: 01:33,31 (01:33,31) 200m: 03:19,25 (01:45,94)

### AK 40

#### 1. und Landesmeister AK 40

Kathrin Lazar                              1970/AK40    WSG Wunstorf                      02:56,67  
100m: 01:22,35 (01:22,35) 200m: 02:56,67 (01:34,32)



## Wettkampf 6 - 200m Schmetterling weiblich

### AK 35

#### 1. und Landesmeister AK 35

Ramona Beckmann 1978/AK35 Helmstedter SV 1913 02:42,02  
100m: 01:17,57 (01:17,57) 200m: 02:42,02 (01:24,45)

### AK 20

#### 1. und Landesmeister AK 20

Erika Franz 1992/AK20 SV Garbsen 02:47,95  
100m: 01:18,76 (01:18,76) 200m: 02:47,95 (01:29,19)

## Wettkampf 7 - 200m Brust männlich

### AK 80

#### abgemeldet

Karlheinz Teufert 1929/AK80 SV Langenhagen '71

### AK 75

#### 1. und Landesmeister AK 75

Hans-Joachim Goebel 1935/AK75 SGS Hannover 04:17,95  
100m: 02:00,73 (02:00,73) 200m: 04:17,95 (02:17,22)

### AK 65

#### 1. und Landesmeister AK 65

Manfred Meinshausen 1945/AK65 TSV Pattensen 03:49,93  
100m: 01:47,05 (01:47,05) 200m: 03:49,93 (02:02,88)

#### 2. Bernhard Abbass

1944/AK65 Wilhelmshavener SSV 04:02,47  
100m: 01:51,90 (01:51,90) 200m: 04:02,47 (02:10,57)

### AK 60

#### 1. und Landesmeister AK 60

Dietmar Langer 1953/AK60 SC Altwarmbüchen 03:12,23  
100m: 01:33,67 (01:33,67) 200m: 03:12,23 (01:38,56)

#### 2. Wolfgang Ahlert

1949/AK60 TSV Pattensen 04:21,59  
100m: 02:03,66 (02:03,66) 200m: 04:21,59 (02:17,93)

### AK 50

#### 1. und Landesmeister AK 50

Dieter Eimer 1963/AK50 SV Nienhagen 1928 02:51,01  
100m: 01:21,41 (01:21,41) 200m: 02:51,01 (01:29,60)

#### 2. Frank Hartung

1963/AK50 WSG Wunstorf 02:52,64  
100m: 01:21,58 (01:21,58) 200m: 02:52,64 (01:31,06)

#### 3. Dirk Köster

1962/AK50 SG Osnabrück 02:57,17  
100m: 01:21,37 (01:21,37) 200m: 02:57,17 (01:35,80)

#### 4. Uwe Rossmeisl

1959/AK50 Wilhelmshavener SSV 03:12,25  
100m: 01:28,25 (01:28,25) 200m: 03:12,25 (01:44,00)

### AK 45

#### 1. und Landesmeister AK 45

Joachim König 1966/AK45 SGS Hannover 02:38,62  
100m: 01:16,55 (01:16,55) 200m: 02:38,62 (01:22,07)

#### 2. Dirk Römer

1965/AK45 TSV Ottersberg 02:54,51  
100m: 01:24,54 (01:24,54) 200m: 02:54,51 (01:29,97)

## Wettkampf 7 - 200m Brust männlich

### AK 45

- |    |   |           |                      |          |
|----|---|-----------|----------------------|----------|
| 3. | Jörg-Dieter Bollmann                                | 1965/AK45 | TSV Pattensen        | 03:31,40 |
|    | 100m: 01:38,50 (01:38,50) 200m: 03:31,40 (01:52,90) |           |                      |          |
| 4. | Jens Langemeyer                                     | 1966/AK45 | SC Hellas Salzgitter | 03:37,09 |
|    | 100m: 01:42,25 (01:42,25) 200m: 03:37,09 (01:54,84) |           |                      |          |

### AK 40

- |    |   |           |                    |          |
|----|---|-----------|--------------------|----------|
| 1. | und Landesmeister AK 40                             |           |                    |          |
|    | Marcus Reineke                                      | 1969/AK40 | SSF Obernkirchen   | 02:47,23 |
|    | 100m: 01:19,47 (01:19,47) 200m: 02:47,23 (01:27,76) |           |                    |          |
| 2. | Marcus Kramer                                       | 1972/AK40 | SV Langenhagen '71 | 03:17,26 |
|    | 100m: 01:30,89 (01:30,89) 200m: 03:17,26 (01:46,37) |           |                    |          |

### AK 35

- |    |   |           |                      |          |
|----|---|-----------|----------------------|----------|
| 1. | und Landesmeister AK 35                             |           |                      |          |
|    | Thorsten Maue                                       | 1976/AK35 | SC Hellas Salzgitter | 02:54,71 |
|    | 100m: 01:21,70 (01:21,70) 200m: 02:54,71 (01:33,01) |           |                      |          |

### AK 25

- |    |   |           |                      |          |
|----|---|-----------|----------------------|----------|
| 1. | und Landesmeister AK 25                             |           |                      |          |
|    | Christian Jablonka                                  | 1984/AK25 | SC Hellas Salzgitter | 02:59,25 |
|    | 100m: 01:23,78 (01:23,78) 200m: 02:59,25 (01:35,47) |           |                      |          |

Langenhagen, den 16.02.2013

Abschnittsende: 16:26 Uhr

Protokollende: 16:31 Uhr

gez. Wolfgang Schlüter

gez. Andreas Helmold

gez. Melanie Battermann

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Schiedsrichter

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Schiedsrichter

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Protokollführer

## Kampfgericht Abschnitt 2

<b>Position</b>	<b>Name</b>	<b>Verein</b>
Schiedsrichter	Wolfgang Schlüter	LSN
Schiedsrichter	Andreas Helmold	LSN
Starter	Kai-Mario Falk	LSN
Schwimmrichter 1	Malte Tosch	W98 Hannover
Schwimmrichter 2	MartinVoß	WSG Wunstorf
Sprecher 1	Vanessa Blech	SV Langenhagen '71
Auswerter 1	Sina Zeller	Waspo 08 Göttingen
Protokollführer	Melanie Battermann	SV Langenhagen '71
Computer 1	Frank Winkel	SV Langenhagen '71

### *Zielgericht*

Zielrichterobmann	Irvin Hoffmann	SGS Hannover
Zielrichter 1	Rebecca Jähne-Herzog	W98 Hannover
Zielrichter 2	Yannik Gransin	TSV Barsinghausen
Zielrichter 3	Gabi Nicolai	TSV Pattensen

### *Zeitgericht 1*

Zeitnehmerobmann	Thorsten Fink	SSG Braunschweig
Zeitnehmer Bahn 1	Chiyo Deppe	Eintracht Hildesheim
Zeitnehmer Bahn 2	Petra Leinpinsel	Helmstedter SV 1913
Zeitnehmer Bahn 3	Stephan Sindram	W98 Hannover
Zeitnehmer Bahn 4	Helmut Kortendieck	SG Weser - Ems/Oldenburg
Zeitnehmer Bahn 5	Angelika Krukenberg	SG Wiste
Reservezeitnehmer 1	Andrea oelze	SGS Hannover

### *Wendegericht*

Wenderichterobmann	Jürgen Barthelt	SC Hellas Salzgitter
Wenderichter Bahn 1	WRO	
Wenderichter Bahn 2	Jutta Lenzig/ Sabine Morche-Bloch	TSV Achim 1860
Wenderichter Bahn 3	Bahn 2	
Wenderichter Bahn 4	Rainer Metschke	Helmstedter SV 1913
Wenderichter Bahn 5	Bahn 4	

## Abschnitt 2

Wettkampf 8	200m Rücken männlich
Wettkampf 9	800m Freistil weiblich
Wettkampf 10	4x200m Brust männlich
Wettkampf 11	4x200m Brust weiblich
Wettkampf 12	400m Freistil männlich
Wettkampf 13	200m Rücken weiblich

### Wettkampf 8 - 200m Rücken männlich

#### AK 65

1. und Landesmeister AK 65			
Manfred Meinshausen	1945/AK65	TSV Pattensen	04:03,78
100m: 01:53,63 (01:53,63) 200m: 04:03,78 (02:10,15)			
2. Bernhard Abbass	1944/AK65	Wilhelmshavener SSV	04:21,36
100m: 02:01,51 (02:01,51) 200m: 04:21,36 (02:19,85)			

#### AK 60

1. und Landesmeister AK 60			
Klaus Beckmann	1951/AK60	Oldenburger SV 1902	03:02,35
100m: 01:26,77 (01:26,77) 200m: 03:02,35 (01:35,58)			
2. Axel Alber	1953/AK60	SGS Hannover	03:20,08
100m: 01:38,54 (01:38,54) 200m: 03:20,08 (01:41,54)			
3. Walter Stockem	1953/AK60	TSG Westerstede	03:20,75
100m: 01:35,06 (01:35,06) 200m: 03:20,75 (01:45,69)			

#### AK 50

1. und Landesmeister AK 50			
Wolfgang Bächle	1959/AK50	WSG Wunstorf	02:52,15
100m: 01:23,32 (01:23,32) 200m: 02:52,15 (01:28,83)			
2. Kersten Koschoreck	1962/AK50	TSV Barsinghausen	02:54,87
100m: 01:28,28 (01:28,28) 200m: 02:54,87 (01:26,59)			
3. Kai Uwe Rauch	1960/AK50	Waspo 08 Göttingen	02:55,91
100m: 01:26,41 (01:26,41) 200m: 02:55,91 (01:29,50)			
4. Dirk Köster	1962/AK50	SG Osnabrück	03:25,07
100m: 01:36,42 (01:36,42) 200m: 03:25,07 (01:48,65)			

#### AK 45

1. und Landesmeister AK 45			
Joachim Steincke	1966/AK45	SGS Hannover	02:30,34
100m: 01:13,81 (01:13,81) 200m: 02:30,34 (01:16,53)			

#### abgemeldet

Kai Dorau	1966/AK45	SGS Hannover	
Martin Maess	1966/AK45	W98 Hannover	

#### disqualifiziert

Stephan Adam	1968/AK45	WSG Wunstorf	
Der Schwimmer hat ab der 3.Wende nach verlassen der Rückenlage die Wenden nicht unverzüglich eingeleitet. Uhrzeit der Bekanntgabe: 10:21			

#### AK 40

1. und Landesmeister AK 40			
Marcus Kramer	1972/AK40	SV Langenhagen '71	03:01,68
100m: 01:25,70 (01:25,70) 200m: 03:01,68 (01:35,98)			

## Wettkampf 8 - 200m Rücken männlich

### AK 35

1. und Landesmeister AK 35  
Florian Battermann 1974/AK35 SV Langenhagen '71 03:04,80  
100m: 01:22,60 (01:22,60) 200m: 03:04,80 (01:42,20)

### AK 30

1. und Landesmeister AK 30  
Fabian Peter 1981/AK30 SV Garbsen 02:22,66  
100m: 01:08,97 (01:08,97) 200m: 02:22,66 (01:13,69)
2. Holger Ladenthin 1979/AK30 SGS Hannover 02:31,00  
100m: 01:15,12 (01:15,12) 200m: 02:31,00 (01:15,88)

### AK 25

1. und Landesmeister AK 25  
Omar Abu-Fares 1984/AK25 Eintracht Hildesheim 02:23,19  
100m: 01:09,62 (01:09,62) 200m: 02:23,19 (01:13,57)
2. Axel Gelleschus 1987/AK25 Eintracht Hildesheim 02:31,34  
100m: 01:15,11 (01:15,11) 200m: 02:31,34 (01:16,23)
3. Daniel Koke 1985/AK25 ASC Göttingen von 1846 e.V. 02:34,82  
100m: 01:13,85 (01:13,85) 200m: 02:34,82 (01:20,97)

### AK 20

1. und Landesmeister AK 20  
Daniel Hohmann 1992/AK20 SSG Braunschweig 02:27,10  
100m: 01:10,73 (01:10,73) 200m: 02:27,10 (01:16,37)

## Wettkampf 9 - 800m Freistil weiblich

### AK 70

1. und Landesmeister AK 70  
Sigrid Koch 1941/AK70 Helmstedter SV 1913 15:53,57  
100m: 01:52,70 (01:52,70) 200m: 03:53,57 (02:00,87)  
300m: 05:55,10 (02:01,53) 400m: 07:56,13 (02:01,03)  
500m: 09:57,13 (02:01,00) 600m: 11:57,48 (02:00,35)  
700m: 13:57,54 (02:00,06) 800m: 15:53,57 (01:56,03)

### AK 60

1. und Landesmeister AK 60  
Sabine Morche-Bloch 1950/AK60 TSV Achim 1860 12:52,75  
100m: 01:26,50 (01:26,50) 200m: 03:01,63 (01:35,13)  
300m: 04:38,18 (01:36,55) 400m: 06:18,06 (01:39,88)  
500m: 07:57,97 (01:39,91) 600m: 09:38,28 (01:40,31)  
700m: 11:17,09 (01:38,81) 800m: 12:52,75 (01:35,66)
2. Gabriele Hilke 1953/AK60 TSV Salzgitter 16:19,98  
100m: 01:52,79 (01:52,79) 200m: 03:54,47 (02:01,68)  
300m: 05:56,70 (02:02,23) 400m: 07:59,39 (02:02,69)  
500m: 10:03,27 (02:03,88) 600m: 12:09,34 (02:06,07)  
700m: 14:16,11 (02:06,77) 800m: 16:19,98 (02:03,87)

### abgemeldet

Barbara Kallenbach 1950/AK60 Helmstedter SV 1913

## Wettkampf 9 - 800m Freistil weiblich

### AK 55

#### 1. und Landesmeister AK 55

Gerda Joswig 1955/AK55 SC Barsinghausen 13:13,82  
100m: 01:33,99 (01:33,99) 200m: 03:17,30 (01:43,31)  
300m: 04:58,72 (01:41,42) 400m: 06:38,91 (01:40,19)  
500m: 08:19,21 (01:40,30) 600m: 09:58,43 (01:39,22)  
700m: 11:36,48 (01:38,05) 800m: 13:13,82 (01:37,34)

### AK 50

#### 1. und Landesmeister AK 50

Christiane Reiß-Abdulrahman 1960/AK50 W98 Hannover 12:21,84  
100m: 01:25,65 (01:25,65) 200m: 02:59,31 (01:33,66)  
300m: 04:32,37 (01:33,06) 400m: 06:05,25 (01:32,88)  
500m: 07:39,31 (01:34,06) 600m: 09:14,81 (01:35,50)  
700m: 10:50,71 (01:35,90) 800m: 12:21,84 (01:31,13)

#### 2. Heike Wolters

1962/AK50 SV Ganderkesee 69 e.V. 13:29,33

100m: 01:30,92 (01:30,92) 200m: 03:10,39 (01:39,47)  
300m: 04:52,39 (01:42,00) 400m: 06:33,61 (01:41,22)  
500m: 08:19,08 (01:45,47) 600m: 10:03,30 (01:44,22)  
700m: 11:47,02 (01:43,72) 800m: 13:29,33 (01:42,31)

### AK 45

#### 1. und Landesmeister AK 45

Martina Homeyer 1964/AK45 SG Wiste 10:37,33  
100m: 01:14,77 (01:14,77) 200m: 02:35,30 (01:20,53)  
300m: 03:56,27 (01:20,97) 400m: 05:17,40 (01:21,13)  
500m: 06:38,09 (01:20,69) 600m: 07:58,43 (01:20,34)  
700m: 09:18,13 (01:19,70) 800m: 10:37,33 (01:19,20)

#### 2. Dunja Dehne

1968/AK45 SG Weser - Ems/Oldenburg 12:32,58

100m: 01:21,21 (01:21,21) 200m: 02:51,40 (01:30,19)  
300m: 04:25,60 (01:34,20) 400m: 06:02,72 (01:37,12)  
500m: 07:40,14 (01:37,42) 600m: 09:18,78 (01:38,64)  
700m: 10:56,77 (01:37,99) 800m: 12:32,58 (01:35,81)

### AK 40

#### 1. und Landesmeister AK 40

Kathrin Lazar 1970/AK40 WSG Wunstorf 11:07,00  
100m: 01:16,75 (01:16,75) 200m: 02:39,53 (01:22,78)  
300m: 04:02,75 (01:23,22) 400m: 05:27,56 (01:24,81)  
500m: 06:51,72 (01:24,16) 600m: 08:17,12 (01:25,40)  
700m: 09:43,19 (01:26,07) 800m: 11:07,00 (01:23,81)

#### 2. Kai Sachtleber

1971/AK40 SG Weser - Ems/Oldenburg 11:26,50

100m: 01:14,62 (01:14,62) 200m: 02:36,60 (01:21,98)  
300m: 04:01,20 (01:24,60) 400m: 05:28,07 (01:26,87)  
500m: 06:57,13 (01:29,06) 600m: 08:27,03 (01:29,90)  
700m: 09:57,64 (01:30,61) 800m: 11:26,50 (01:28,86)

#### 3. Katy Baehr

1972/AK40 W98 Hannover 12:00,32

100m: 01:19,35 (01:19,35) 200m: 02:48,35 (01:29,00)  
300m: 04:19,13 (01:30,78) 400m: 05:50,38 (01:31,25)  
500m: 07:22,82 (01:32,44) 600m: 08:55,66 (01:32,84)  
700m: 10:28,85 (01:33,19) 800m: 12:00,32 (01:31,47)

### AK 35

#### 1. und Landesmeister AK 35

Tina Bolte 1977/AK35 WSG Wunstorf 11:18,43  
100m: 01:17,83 (01:17,83) 200m: 02:42,35 (01:24,52)  
300m: 04:08,33 (01:25,98) 400m: 05:33,89 (01:25,56)  
500m: 07:00,17 (01:26,28) 600m: 08:26,74 (01:26,57)  
700m: 09:53,39 (01:26,65) 800m: 11:18,43 (01:25,04)

## Wettkampf 9 - 800m Freistil weiblich

### AK 30

#### 1. und Landesmeister AK 30

Henriette Schmitz                      1980/AK30    SC Hellas Salzgitter                      11:11,28  
100m: 01:15,28 (01:15,28) 200m: 02:38,37 (01:23,09)  
300m: 04:03,25 (01:24,88) 400m: 05:27,59 (01:24,34)  
500m: 06:53,68 (01:26,09) 600m: 08:20,90 (01:27,22)  
700m: 09:47,34 (01:26,44) 800m: 11:11,28 (01:23,94)

### AK 25

#### 1. und Landesmeister AK 25

Maren Klöver                              1985/AK25    TSV Barsinghausen                      10:40,09  
100m: 01:10,18 (01:10,18) 200m: 02:30,63 (01:20,45)  
300m: 03:52,13 (01:21,50) 400m: 05:14,06 (01:21,93)  
500m: 06:35,47 (01:21,41) 600m: 07:57,47 (01:22,00)  
700m: 09:18,94 (01:21,47) 800m: 10:40,09 (01:21,15)

2. Christiane Streek                      1988/AK25    SGS Verden/Dörverden                      11:29,09  
100m: 01:15,28 (01:15,28) 200m: 02:39,66 (01:24,38)  
300m: 04:06,91 (01:27,25) 400m: 05:35,41 (01:28,50)  
500m: 07:03,32 (01:27,91) 600m: 08:32,91 (01:29,59)  
700m: 10:00,85 (01:27,94) 800m: 11:29,09 (01:28,24)

3. Melanie Niepel                         1987/AK25    TSV Rhüden                                11:30,82  
100m: 01:19,51 (01:19,51) 200m: 02:44,95 (01:25,44)  
300m: 04:11,76 (01:26,81) 400m: 05:40,04 (01:28,28)  
500m: 07:08,70 (01:28,66) 600m: 08:37,80 (01:29,10)  
700m: 10:05,86 (01:28,06) 800m: 11:30,82 (01:24,96)

### AK 20

#### 1. und Landesmeister AK 20

Johanna Brügge                         1991/AK20    Schwimm-Club Seevetal                      11:08,70  
100m: 01:14,49 (01:14,49) 200m: 02:36,36 (01:21,87)  
300m: 04:00,24 (01:23,88) 400m: 05:25,17 (01:24,93)  
500m: 06:52,06 (01:26,89) 600m: 08:19,88 (01:27,82)  
700m: 09:44,60 (01:24,72) 800m: 11:08,70 (01:24,10)

2. Stephanie Meinig                      1991/AK20    ASC Göttingen von 1846 e.V.                      11:13,95  
100m: 01:15,60 (01:15,60) 200m: 02:38,36 (01:22,76)  
300m: 04:03,67 (01:25,31) 400m: 05:30,07 (01:26,40)  
500m: 06:57,48 (01:27,41) 600m: 08:23,60 (01:26,12)  
700m: 09:50,51 (01:26,91) 800m: 11:13,95 (01:23,44)

3. Anne-Louise Robrade                      1992/AK20    SC Hellas Salzgitter                      11:59,00  
100m: 01:20,44 (01:20,44) 200m: 02:49,18 (01:28,74)  
300m: 04:19,85 (01:30,67) 400m: 05:51,16 (01:31,31)  
500m: 07:23,13 (01:31,97) 600m: 08:56,63 (01:33,50)  
700m: 10:29,56 (01:32,93) 800m: 11:59,00 (01:29,44)

## Wettkampf 10 - 4x200m Brust männlich

### AK 200+

1. 1. Mannschaft                         200+ (204)    Helmstedter SV 1913                      16:05,01  
Andreas-Uwe Klatt - Jg. 1961/AK50 - 100m: 01:35,04 (01:35,04) 200m: 03:24,00 (01:48,96)  
Andreas Egner - Jg. 1973/AK40 - 300m: 04:54,90 (01:30,90) 400m: 06:34,38 (01:39,48)  
Herbert Sievers - Jg. 1944/AK65 - 500m: 08:49,67 (02:15,29) 600m: 11:16,83 (02:27,16)  
Eckhard Sommer - Jg. 1970/AK40 - 700m: 13:35,28 (02:18,45) 800m: 16:05,01 (02:29,73)

## Wettkampf 11 - 4x200m Brust weiblich

### AK 120+

1. 1. Mannschaft 120+ (138) SG Wiste 12:08,93  
Jana Scharnberg - Jg. 1969/AK40 - 100m: 01:34,37 (01:34,37) 200m: 03:20,18 (01:45,81)  
Deike Homeyer - Jg. 1991/AK20 - 300m: 04:39,46 (01:19,28) 400m: 06:07,37 (01:27,91)  
Sina Krukenberg - Jg. 1990/AK20 - 500m: 07:34,34 (01:26,97) 600m: 09:08,68 (01:34,34)  
Martina Homeyer - Jg. 1964/AK45 - 700m: 10:35,71 (01:27,03) 800m: 12:08,93 (01:33,22)

### AK 200+

1. 1. Mannschaft 200+ (216) Helmstedter SV 1913 15:01,60  
Silke Napirata-Fricke - Jg. 1964/AK45 - 100m: 01:53,70 (01:53,70) 200m: 03:53,29 (01:59,59)  
Almuth von Bodenhausen - Jg. 1960/AK50 - 300m: 05:47,54 (01:54,25) 400m: 07:56,13 (02:08,59)  
Barbara Bergmann - Jg. 1956/AK55 - 500m: 09:38,92 (01:42,79) 600m: 11:32,32 (01:53,40)  
Susanne Krack - Jg. 1956/AK55 - 700m: 13:12,39 (01:40,07) 800m: 15:01,60 (01:49,21)

### AK 240+

1. 1. Mannschaft 240+ (246) Helmstedter SV 1913 18:08,06  
Sigrid Koch - Jg. 1941/AK70 - 200m: 04:44,59 (04:44,59)  
Gisela Sievers - Jg. 1949/AK60 - 300m: 07:07,18 (02:22,59) 400m: 09:39,35 (02:32,17)  
Sylvia Klatt - Jg. 1961/AK50 - 500m: 11:39,16 (01:59,81) 600m: 13:53,00 (02:13,84)  
Elke Geyer - Jg. 1955/AK55 - 700m: 15:54,00 (02:01,00) 800m: 18:08,06 (02:14,06)

## Wettkampf 12 - 400m Freistil männlich

### AK 65

1. und Landesmeister AK 65  
Manfred Meinshausen 1945/AK65 TSV Pattensen 07:08,53  
100m: 01:39,08 (01:39,08) 200m: 03:27,76 (01:48,68)  
300m: 05:17,71 (01:49,95) 400m: 07:08,53 (01:50,82)

### AK 60

1. und Landesmeister AK 60  
Klaus Beckmann 1951/AK60 Oldenburger SV 1902 05:32,75  
100m: 01:15,66 (01:15,66) 200m: 02:40,85 (01:25,19)  
300m: 04:07,35 (01:26,50) 400m: 05:32,75 (01:25,40)
2. Dietmar Langer 1953/AK60 SC Altwarmbüchen 05:35,54  
100m: 01:17,34 (01:17,34) 200m: 02:43,31 (01:25,97)  
300m: 04:09,27 (01:25,96) 400m: 05:35,54 (01:26,27)
3. Axel Alber 1953/AK60 SGS Hannover 06:03,16  
100m: 01:24,03 (01:24,03) 200m: 02:56,63 (01:32,60)  
300m: 04:30,38 (01:33,75) 400m: 06:03,16 (01:32,78)
4. Wolfgang Ahlert 1949/AK60 TSV Pattensen 07:36,57  
100m: 01:37,86 (01:37,86) 200m: 03:35,67 (01:57,81)  
300m: 05:38,39 (02:02,72) 400m: 07:36,57 (01:58,18)

### AK 55

1. und Landesmeister AK 55  
Stefan Witte 1958/AK55 Eintracht Hildesheim 05:04,97  
100m: 01:11,78 (01:11,78) 200m: 02:29,44 (01:17,66)  
300m: 03:47,69 (01:18,25) 400m: 05:04,97 (01:17,28)
2. Hans-Peter Elbe 1956/AK55 Eintracht Hildesheim 05:48,48  
100m: 01:20,89 (01:20,89) 200m: 02:49,36 (01:28,47)  
300m: 04:19,64 (01:30,28) 400m: 05:48,48 (01:28,84)



## Wettkampf 12 - 400m Freistil männlich

### AK 50

1. und Landesmeister AK 50  
Alexander Middendorff 1961/AK50 W98 Hannover 04:58,90  
100m: 01:09,17 (01:09,17) 200m: 02:25,80 (01:16,63)  
300m: 03:43,45 (01:17,65) 400m: 04:58,90 (01:15,45)
2. Dr. Bodo Studtmann 1961/AK50 TV Uelzen von 1860 e. V. 05:08,97  
100m: 01:11,44 (01:11,44) 200m: 02:27,09 (01:15,65)  
300m: 03:44,47 (01:17,38) 400m: 05:08,97 (01:24,50)
3. Kai Uwe Rauch 1960/AK50 Waspo 08 Göttingen 05:21,11  
100m: 01:16,04 (01:16,04) 200m: 02:37,10 (01:21,06)  
300m: 03:59,74 (01:22,64) 400m: 05:21,11 (01:21,37)
4. Jörg Fischer 1961/AK50 TSV Barsinghausen 05:26,53  
100m: 01:12,03 (01:12,03) 200m: 02:35,31 (01:23,28)  
300m: 04:00,50 (01:25,19) 400m: 05:26,53 (01:26,03)
5. Dirk Köster 1962/AK50 SG Osnabrück 05:41,37  
100m: 01:11,86 (01:11,86) 200m: 02:34,37 (01:22,51)  
300m: 04:06,05 (01:31,68) 400m: 05:41,37 (01:35,32)
6. Andreas-Uwe Klatt 1961/AK50 Helmstedter SV 1913 06:06,74  
100m: 01:17,06 (01:17,06) 200m: 02:50,16 (01:33,10)  
300m: 04:28,99 (01:38,83) 400m: 06:06,74 (01:37,75)

### AK 45

1. und Landesmeister AK 45  
Frank Pater 1967/AK45 SG Weser - Ems/Oldenburg 04:36,69  
100m: 01:03,94 (01:03,94) 200m: 02:13,19 (01:09,25)  
300m: 03:24,69 (01:11,50) 400m: 04:36,69 (01:12,00)
2. Joachim Steincke 1966/AK45 SGS Hannover 04:50,56  
100m: 01:07,25 (01:07,25) 200m: 02:21,78 (01:14,53)  
300m: 03:36,78 (01:15,00) 400m: 04:50,56 (01:13,78)

### AK 40

1. und Landesmeister AK 40  
Andreas Egner 1973/AK40 Helmstedter SV 1913 05:12,39  
100m: 01:10,95 (01:10,95) 200m: 02:30,77 (01:19,82)  
300m: 03:52,11 (01:21,34) 400m: 05:12,39 (01:20,28)

### AK 35

1. und Landesmeister AK 35  
Florian Battermann 1974/AK35 SV Langenhagen '71 05:13,22  
100m: 01:08,21 (01:08,21) 200m: 02:28,17 (01:19,96)  
300m: 03:50,70 (01:22,53) 400m: 05:13,22 (01:22,52)

### AK 30

1. und Landesmeister AK 30  
Holger Ladenthin 1979/AK30 SGS Hannover 04:20,22  
100m: 01:00,06 (01:00,06) 200m: 02:05,00 (01:04,94)  
300m: 03:12,47 (01:07,47) 400m: 04:20,22 (01:07,75)

### AK 25

1. und Landesmeister AK 25  
Sören Novin 1986/AK25 SSG Braunschweig 04:35,43  
100m: 01:04,54 (01:04,54) 200m: 02:15,62 (01:11,08)  
300m: 03:25,96 (01:10,34) 400m: 04:35,43 (01:09,47)
2. Florian Gaßmann 1986/AK25 SV Garbsen 04:46,02  
100m: 01:06,39 (01:06,39) 200m: 02:19,51 (01:13,12)  
300m: 03:32,64 (01:13,13) 400m: 04:46,02 (01:13,38)

## Wettkampf 13 - 200m Rücken weiblich

### AK 65

#### 1. und Landesmeister AK 65

Rosita Alex 1945/AK65 SC Hellas Salzgitter 03:55,96  
100m: 01:55,89 (01:55,89) 200m: 03:55,96 (02:00,07)

2. Heidi Langrehr 1944/AK65 TSV Pattensen 04:30,32  
100m: 02:12,32 (02:12,32) 200m: 04:30,32 (02:18,00)

### AK 60

Elisabeth Reineke 1949/AK60 SSF Obernkirchen 00:00,00

#### 1. und Landesmeister AK 60

Ute Christiane Melzian 1951/AK60 SC Altwarmbüchen 04:03,16  
100m: 01:57,02 (01:57,02) 200m: 04:03,16 (02:06,14)

### AK 55

#### 1. und Landesmeister AK 55

Susanne Krack 1956/AK55 Helmstedter SV 1913 03:28,46  
100m: 01:41,05 (01:41,05) 200m: 03:28,46 (01:47,41)

### AK 50

#### 1. und Landesmeister AK 50

Christiane Reiß-Abdulrahman 1960/AK50 W98 Hannover 03:20,12  
100m: 01:38,41 (01:38,41) 200m: 03:20,12 (01:41,71)

2. Heike Wolters 1962/AK50 SV Ganderkesee 69 e.V. 03:25,16  
100m: 01:40,68 (01:40,68) 200m: 03:25,16 (01:44,48)

### AK 45

#### 1. und Landesmeister AK 45

Jutta Lenzig 1965/AK45 TSV Achim 1860 03:03,76  
100m: 01:29,70 (01:29,70) 200m: 03:03,76 (01:34,06)

### AK 40

#### 1. und Landesmeister AK 40

Kati Maaß 1973/AK40 SC Stadthagen 02:40,91  
100m: 01:14,50 (01:14,50) 200m: 02:40,91 (01:26,41)

2. Corinna Krietsch 1969/AK40 WSG Wunstorf 02:46,47  
100m: 01:18,13 (01:18,13) 200m: 02:46,47 (01:28,34)

3. Jana Scharnberg 1969/AK40 SG Wiste 02:57,60  
100m: 01:25,20 (01:25,20) 200m: 02:57,60 (01:32,40)

#### abgemeldet

Sylvia Haak 1970/AK40 WSG Wunstorf

### AK 35

#### 1. und Landesmeister AK 35

Britta Wenske 1978/AK35 Waspo 08 Göttingen 02:56,71  
100m: 01:27,22 (01:27,22) 200m: 02:56,71 (01:29,49)

### AK 30

#### 1. und Landesmeister AK 30

Henriette Schmitz 1980/AK30 SC Hellas Salzgitter 02:47,67  
100m: 01:21,62 (01:21,62) 200m: 02:47,67 (01:26,05)

## Wettkampf 13 - 200m Rücken weiblich

### AK 25

#### 1. und Landesmeister AK 25

Maren Klöver	1985/AK25	TSV Barsinghausen	02:46,00
100m: 01:18,75 (01:18,75) 200m: 02:46,00 (01:27,25)			
Christiane Streek	1988/AK25	SGS Verden/Dörverden	02:50,85
100m: 01:21,47 (01:21,47) 200m: 02:50,85 (01:29,38)			
Nicola Sperling	1988/AK25	Waspo 08 Göttingen	02:56,56
100m: 01:25,53 (01:25,53) 200m: 02:56,56 (01:31,03)			

### AK 20

#### 1. und Landesmeister AK 20

Johanna Brügge	1991/AK20	Schwimm-Club Seevetal	02:46,89
100m: 01:21,26 (01:21,26) 200m: 02:46,89 (01:25,63)			

Langenhagen, den 17.02.2013

Abschnittsende: 12:31 Uhr

Protokollende: 12:38 Uhr

gez. Wolfgang Schlüter

gez. Andreas Helmold

gez. Melanie Battermann

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Schiedsrichter

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Schiedsrichter

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Protokollführer

## Kampfrichter Abschnitt 3

<b>Position</b>	<b>Name</b>	<b>Verein</b>
Schiedsrichter	Wolfgang Schlüter	LSN
Schiedsrichter	Andreas Helmold	LSN
Starter	Kai-Mario Falk	LSN
Schwimmrichter 1	Yannik Gransin	TSV Barsinghausen
Schwimmrichter 2	Jörg Homeyer	SG Wiste
Sprecher 1	Vanessa Blech	SV Langenhagen '71
Auswerter 1	Monika Griese	SGS Hannover
Protokollführer	Melanie Battermann	SV Langenhagen '71
Computer 1	Frank Winkel	SV Langenhagen '71

### *Zielgericht*

Zielrichterobmann	Jutta Lenzig / Sabine Morche-Bloch	TSV Achim 1860
Zielrichter 1	Jan Meyer	Waspo 08 Göttingen
Zielrichter 2	Stephan Sindram	W98 Hannover
Zielrichter 3	Matthias Koch	W98 Hannover

### *Zeitgericht 1*

Zeitnehmerobmann	Thorsten Fink	SSG Braunschweig
Zeitnehmer Bahn 1	Lisa Rauch	Waspo 08 Göttingen
Zeitnehmer Bahn 2	Chiyo Deppe	Eintracht Hildesheim
Zeitnehmer Bahn 3	Gabi Nicolai	TSV Pattensen
Zeitnehmer Bahn 4	Marcus Kramer	Helmstedter SV 1913
Zeitnehmer Bahn 5	Ulrike Streek	SGS Verden/Dörverden
Reservezeitnehmer 1	Frank Pater	SG Weser - Ems/Oldenburg

### *Wendegericht*

Wenderichterobmann	Helmut Kortendieck	SG Weser - Ems/Oldenburg
Wenderichter Bahn 1	WRO	
Wenderichter Bahn 2	Malte Tosch	W98 Hannover
Wenderichter Bahn 3	Bahn 2	
Wenderichter Bahn 4	Rainer Metschke	Helmstedter SV 1913
Wenderichter Bahn 5	Bahn 4	

Im WK 16 200m Brust weiblich wurde der Kampfrichter vom TSV Achim von Florian Battermann abgelöst. Ab WK 17 400m Lagen männlich über nahm der Kampfrichter vom TSV Achim wieder.

### Abschnitt 3

Wettkampf 14	4x200m Freistil mixed
Wettkampf 15	200m Schmetterling männlich
Wettkampf 16	200m Brust weiblich
Wettkampf 17	400m Lagen männlich
Wettkampf 18	400m Freistil weiblich

### Wettkampf 14 - 4x200m Freistil mixed

#### AK 200+

1.	1. Mannschaft (X)	200+ (206)	Helmstedter SV 1913	11:16,70
	Susanne Krack - Jg. 1956/AK55 (F) - 100m: 01:29,92 (01:29,92) 200m: 03:02,48 (01:32,56)			
	Barbara Bergmann - Jg. 1956/AK55 (F) - 300m: 04:30,08 (01:27,60) 400m: 06:06,36 (01:36,28)			
	Andreas-Uwe Klatt - Jg. 1961/AK50 (M) - 500m: 07:22,91 (01:16,55) 600m: 08:52,36 (01:29,45)			
	Andreas Egner - Jg. 1973/AK40 (M) - 800m: 11:16,70 (02:24,34)			

### Wettkampf 15 - 200m Schmetterling männlich

#### AK 60

1.	und Landesmeister AK 60			
	Walter Stockem	1953/AK60	TSG Westerstede	03:24,15
	100m: 01:32,37 (01:32,37) 200m: 03:24,15 (01:51,78)			

#### AK 50

1.	und Landesmeister AK 50			
	Dieter Eimer	1963/AK50	SV Nienhagen 1928	02:44,20
	100m: 01:17,73 (01:17,73) 200m: 02:44,20 (01:26,47)			
2.	Kersten Koschoreck	1962/AK50	TSV Barsinghausen	02:59,06
	100m: 01:24,30 (01:24,30) 200m: 02:59,06 (01:34,76)			
3.	Alexander Middendorff	1961/AK50	W98 Hannover	03:08,90
	100m: 01:30,23 (01:30,23) 200m: 03:08,90 (01:38,67)			

#### AK 45

1.	und Landesmeister AK 45			
	Carsten Ohmes	1968/AK45	Eintracht Hildesheim	02:42,06
	100m: 01:13,04 (01:13,04) 200m: 02:42,06 (01:29,02)			

#### abgemeldet

Martin Maess 1966/AK45 W98 Hannover

#### AK 25

1.	und Landesmeister AK 25			
	Axel Gelleschus	1987/AK25	Eintracht Hildesheim	02:26,03
	100m: 01:09,46 (01:09,46) 200m: 02:26,03 (01:16,57)			

#### AK 20

1.	und Landesmeister AK 20			
	Christopher Streek	1993/AK20	SGS Verden/Dörverden	02:41,06
	100m: 01:11,90 (01:11,90) 200m: 02:41,06 (01:29,16)			

## Wettkampf 16 - 200m Brust weiblich

### AK 65

1. und Landesmeister AK 65  
Rosita Alex 1945/AK65 SC Hellas Salzgitter 04:13,24  
100m: 02:04,24 (02:04,24) 200m: 04:13,24 (02:09,00)

### AK 60

1. und Landesmeister AK 60  
Sabine Morche-Bloch 1950/AK60 TSV Achim 1860 03:35,45  
100m: 01:43,30 (01:43,30) 200m: 03:35,45 (01:52,15)
2. Ute Christiane Melzian 1951/AK60 SC Altwarmbüchen 04:07,47  
100m: 01:58,64 (01:58,64) 200m: 04:07,47 (02:08,83)
3. Gisela Sievers 1949/AK60 Helmstedter SV 1913 04:43,27  
100m: 02:19,50 (02:19,50) 200m: 04:43,27 (02:23,77)

### AK 55

1. und Landesmeister AK 55  
Dagmar Frese 1956/AK55 SGS Hannover 03:07,49  
100m: 01:31,74 (01:31,74) 200m: 03:07,49 (01:35,75)
2. Susanne Krack 1956/AK55 Helmstedter SV 1913 03:24,19  
100m: 01:37,26 (01:37,26) 200m: 03:24,19 (01:46,93)
3. Barbara Bergmann 1956/AK55 Helmstedter SV 1913 03:36,80  
100m: 01:44,07 (01:44,07) 200m: 03:36,80 (01:52,73)

### AK 50

1. und Landesmeister AK 50  
Sabine Nischan 1962/AK50 Wilhelmshavener SSV 03:19,91  
100m: 01:35,51 (01:35,51) 200m: 03:19,91 (01:44,40)
2. Almuth von Bodenhausen 1960/AK50 Helmstedter SV 1913 04:04,43  
100m: 01:56,12 (01:56,12) 200m: 04:04,43 (02:08,31)

### AK 45

1. und Landesmeister AK 45  
Jutta Lenzig 1965/AK45 TSV Achim 1860 03:10,89  
100m: 01:31,63 (01:31,63) 200m: 03:10,89 (01:39,26)
2. Andrea Oelze 1965/AK45 SGS Hannover 03:20,93  
100m: 01:36,21 (01:36,21) 200m: 03:20,93 (01:44,72)

### AK 40

1. und Landesmeister AK 40  
Katy Baehr 1972/AK40 W98 Hannover 03:12,43  
100m: 01:30,74 (01:30,74) 200m: 03:12,43 (01:41,69)
2. Jana Scharnberg 1969/AK40 SG Wiste 03:12,81  
100m: 01:33,06 (01:33,06) 200m: 03:12,81 (01:39,75)

### AK 35

1. und Landesmeister AK 35  
Britta Wenske 1978/AK35 Waspo 08 Göttingen 03:18,46  
100m: 01:37,43 (01:37,43) 200m: 03:18,46 (01:41,03)
2. Dagmar Norden 1975/AK35 Wilhelmshavener SSV 03:22,51  
100m: 01:38,92 (01:38,92) 200m: 03:22,51 (01:43,59)

### AK 25

1. und Landesmeister AK 25  
Philine Koch 1987/AK25 TV Jahn Wolfsburg 02:57,62  
100m: 01:24,47 (01:24,47) 200m: 02:57,62 (01:33,15)

## Wettkampf 16 - 200m Brust weiblich

### AK 25

- |    |   |           |                    |          |
|----|---|-----------|--------------------|----------|
| 2. | Nicola Sperling                                     | 1988/AK25 | Waspo 08 Göttingen | 02:57,83 |
|    | 100m: 01:27,14 (01:27,14) 200m: 02:57,83 (01:30,69) |           |                    |          |
| 3. | Sina Zeller   | 1987/AK25 | Waspo 08 Göttingen | 04:07,18 |
|    | 100m: 01:55,51 (01:55,51) 200m: 04:07,18 (02:11,67) |           |                    |          |

### AK 20

- |    |   |           |          |          |
|----|---|-----------|----------|----------|
| 1. | und Landesmeister AK 20                             |           |          |          |
|    | Deike Homeyer                                       | 1991/AK20 | SG Wiste | 02:43,70 |
|    | 100m: 01:18,23 (01:18,23) 200m: 02:43,70 (01:25,47) |           |          |          |
| 2. | Sina Krukenberg                                     | 1990/AK20 | SG Wiste | 02:59,69 |
|    | 100m: 01:26,72 (01:26,72) 200m: 02:59,69 (01:32,97) |           |          |          |

## Wettkampf 17 - 400m Lagen männlich

### AK 65

- |    |   |           |               |          |
|----|---|-----------|---------------|----------|
| 1. | und Landesmeister AK 65                             |           |               |          |
|    | Manfred Meinshausen                                 | 1945/AK65 | TSV Pattensen | 08:24,12 |
|    | 100m: 02:05,93 (02:05,93) 200m: 04:28,87 (02:22,94) |           |               |          |
|    | 300m: 06:39,81 (02:10,94) 400m: 08:24,12 (01:44,31) |           |               |          |

### AK 60

- |    |   |           |                     |          |
|----|---|-----------|---------------------|----------|
| 1. | und Landesmeister AK 60                             |           |                     |          |
|    | Klaus Beckmann                                      | 1951/AK60 | Oldenburger SV 1902 | 06:18,78 |
|    | 100m: 01:32,63 (01:32,63) 200m: 03:09,83 (01:37,20) |           |                     |          |
|    | 300m: 04:56,68 (01:46,85) 400m: 06:18,78 (01:22,10) |           |                     |          |
| 2. | Dietmar Langer                                      | 1953/AK60 | SC Altwarmbüchen    | 06:22,38 |
|    | 100m: 01:31,06 (01:31,06) 200m: 03:16,42 (01:45,36) |           |                     |          |
|    | 300m: 05:01,22 (01:44,80) 400m: 06:22,38 (01:21,16) |           |                     |          |
| 3. | Axel Alber  | 1953/AK60 | SGS Hannover        | 06:57,54 |
|    | 100m: 01:39,69 (01:39,69) 200m: 03:30,25 (01:50,56) |           |                     |          |
|    | 300m: 05:27,01 (01:56,76) 400m: 06:57,54 (01:30,53) |           |                     |          |

### AK 50

- |    |   |           |                          |          |
|----|---|-----------|--------------------------|----------|
| 1. | und Landesmeister AK 50                             |           |                          |          |
|    | Dieter Eimer  | 1963/AK50 | SV Nienhagen 1928        | 05:40,93 |
|    | 100m: 01:15,56 (01:15,56) 200m: 02:48,59 (01:33,03) |           |                          |          |
|    | 300m: 04:22,38 (01:33,79) 400m: 05:40,93 (01:18,55) |           |                          |          |
| 2. | Dr. Bodo Studtmann                                  | 1961/AK50 | TV Uelzen von 1860 e. V. | 05:46,65 |
|    | 100m: 01:19,03 (01:19,03) 200m: 02:54,59 (01:35,56) |           |                          |          |
|    | 300m: 04:32,04 (01:37,45) 400m: 05:46,65 (01:14,61) |           |                          |          |
| 3. | Alexander Middendorff                               | 1961/AK50 | W98 Hannover             | 05:54,21 |
|    | 100m: 01:25,43 (01:25,43) 200m: 03:00,04 (01:34,61) |           |                          |          |
|    | 300m: 04:38,99 (01:38,95) 400m: 05:54,21 (01:15,22) |           |                          |          |
| 4. | Jörg Fischer  | 1961/AK50 | TSV Barsinghausen        | 06:29,01 |
|    | 100m: 01:27,96 (01:27,96) 200m: 03:10,59 (01:42,63) |           |                          |          |
|    | 300m: 05:02,06 (01:51,47) 400m: 06:29,01 (01:26,95) |           |                          |          |

### AK 35

- |    |   |           |                    |          |
|----|---|-----------|--------------------|----------|
| 1. | und Landesmeister AK 35                             |           |                    |          |
|    | Florian Battermann                                  | 1974/AK35 | SV Langenhagen '71 | 06:07,39 |
|    | 100m: 01:16,20 (01:16,20) 200m: 03:03,48 (01:47,28) |           |                    |          |
|    | 300m: 04:46,64 (01:43,16) 400m: 06:07,39 (01:20,75) |           |                    |          |

## Wettkampf 17 - 400m Lagen männlich

### AK 30

#### 1. und Landesmeister AK 30

Holger Ladenthin 1979/AK30 SGS Hannover 05:07,48  
100m: 01:08,82 (01:08,82) 200m: 02:31,45 (01:22,63)  
300m: 04:01,27 (01:29,82) 400m: 05:07,48 (01:06,21)

#### abgemeldet

Christopher Monden 1980/AK30 TV Jahn Wolfsburg

### AK 25

#### 1. und Landesmeister AK 25

Sören Novin 1986/AK25 SSG Braunschweig 05:13,29  
100m: 01:11,54 (01:11,54) 200m: 02:35,82 (01:24,28)  
300m: 04:05,86 (01:30,04) 400m: 05:13,29 (01:07,43)

### AK 20

#### 1. und Landesmeister AK 20

Christopher Streek 1993/AK20 SGS Verden/Dörverden 05:16,19  
100m: 01:14,85 (01:14,85) 200m: 02:39,46 (01:24,61)  
300m: 04:08,39 (01:28,93) 400m: 05:16,19 (01:07,80)

2. Daniel Hohmann 1992/AK20 SSG Braunschweig 05:16,96  
100m: 01:13,85 (01:13,85) 200m: 02:35,25 (01:21,40)  
300m: 04:07,06 (01:31,81) 400m: 05:16,96 (01:09,90)

## Wettkampf 18 - 400m Freistil weiblich

### AK 70

#### 1. und Landesmeister AK 70

Sigrid Koch 1941/AK70 Helmstedter SV 1913 07:44,18  
100m: 01:53,64 (01:53,64) 200m: 03:51,70 (01:58,06)  
400m: 07:44,18 (03:52,48)

### AK 65

#### 1. und Landesmeister AK 65

Heidi Langrehr 1944/AK65 TSV Pattensen 08:32,62  
100m: 02:04,59 (02:04,59) 200m: 04:15,46 (02:10,87)  
300m: 06:25,56 (02:10,10) 400m: 08:32,62 (02:07,06)

### AK 60

Elisabeth Reineke 1949/AK60 SSF Obernkirchen 00:00,00

#### 1. und Landesmeister AK 60

Sabine Morche-Bloch 1950/AK60 TSV Achim 1860 06:15,17  
100m: 01:27,82 (01:27,82) 200m: 03:02,91 (01:35,09)  
300m: 04:39,37 (01:36,46) 400m: 06:15,17 (01:35,80)

2. Gabriele Hilke 1953/AK60 TSV Salzgitter 07:56,35  
100m: 01:51,34 (01:51,34) 200m: 03:52,73 (02:01,39)  
300m: 05:54,88 (02:02,15) 400m: 07:56,35 (02:01,47)

#### abgemeldet

Barbara Kallenbach 1950/AK60 Helmstedter SV 1913



## Wettkampf 18 - 400m Freistil weiblich

### AK 55

#### 1. und Landesmeister AK 55

Gerda Joswig 1955/AK55 SC Barsinghausen 06:25,54  
100m: 01:31,16 (01:31,16) 200m: 03:12,16 (01:41,00)  
300m: 04:50,64 (01:38,48) 400m: 06:25,54 (01:34,90)

### AK 50

#### 1. und Landesmeister AK 50

Christiane Reiß-Abdulrahman 1960/AK50 W98 Hannover 06:02,73  
100m: 01:22,76 (01:22,76) 200m: 02:52,80 (01:30,04)  
300m: 04:27,51 (01:34,71) 400m: 06:02,73 (01:35,22)

#### 2. Heike Wolters

1962/AK50 SV Ganderkesee 69 e.V. 06:39,15  
100m: 01:31,75 (01:31,75) 200m: 03:12,06 (01:40,31)  
300m: 04:55,31 (01:43,25) 400m: 06:39,15 (01:43,84)

### AK 45

#### 1. und Landesmeister AK 45

Martina Homeyer 1964/AK45 SG Wiste 05:03,59  
100m: 01:11,86 (01:11,86) 200m: 02:28,66 (01:16,80)  
300m: 03:46,09 (01:17,43) 400m: 05:03,59 (01:17,50)

#### 2. Dunja Dehne

1968/AK45 SG Weser - Ems/Oldenburg 06:05,12  
100m: 01:23,47 (01:23,47) 200m: 02:57,28 (01:33,81)  
300m: 04:32,38 (01:35,10) 400m: 06:05,12 (01:32,74)

#### 3. Caren Koch

1964/AK45 TV Jahn Wolfsburg 06:07,92  
100m: 01:25,16 (01:25,16) 200m: 02:56,51 (01:31,35)  
300m: 04:32,07 (01:35,56) 400m: 06:07,92 (01:35,85)

### AK 40

#### 1. und Landesmeister AK 40

Betina Hillmayr 1971/AK40 SGS Hannover 05:21,70  
100m: 01:12,36 (01:12,36) 200m: 02:34,57 (01:22,21)  
300m: 03:59,10 (01:24,53) 400m: 05:21,70 (01:22,60)

#### 2. Kai Sachtleber

1971/AK40 SG Weser - Ems/Oldenburg 05:22,92  
100m: 01:16,55 (01:16,55) 200m: 02:38,66 (01:22,11)  
300m: 04:00,53 (01:21,87) 400m: 05:22,92 (01:22,39)

### AK 35

#### 1. und Landesmeister AK 35

Tina Bolte 1977/AK35 WSG Wunstorf 05:25,15  
100m: 01:16,59 (01:16,59) 200m: 02:40,12 (01:23,53)  
300m: 04:03,50 (01:23,38) 400m: 05:25,15 (01:21,65)

#### 2. Britta Wenske

1978/AK35 Waspo 08 Göttingen 05:46,70  
100m: 01:22,03 (01:22,03) 200m: 02:50,20 (01:28,17)  
300m: 04:19,55 (01:29,35) 400m: 05:46,70 (01:27,15)

#### 3. Dagmar Norden

1975/AK35 Wilhelmshavener SSV 06:18,99  
100m: 01:26,04 (01:26,04) 200m: 03:04,50 (01:38,46)  
300m: 04:43,80 (01:39,30) 400m: 06:18,99 (01:35,19)

### AK 25

#### 1. und Landesmeister AK 25

Maren Klöver 1985/AK25 TSV Barsinghausen 05:11,98  
100m: 01:11,38 (01:11,38) 200m: 02:31,35 (01:19,97)  
300m: 03:52,84 (01:21,49) 400m: 05:11,98 (01:19,14)

#### 2. Nicola Sperling

1988/AK25 Waspo 08 Göttingen 05:12,46  
100m: 01:14,21 (01:14,21) 200m: 02:34,01 (01:19,80)  
300m: 03:54,31 (01:20,30) 400m: 05:12,46 (01:18,15)

## Wettkampf 18 - 400m Freistil weiblich

### AK 25

3. Christiane Streek 1988/AK25 SGS Verden/Dörverden 05:36,78  
100m: 01:16,77 (01:16,77) 200m: 02:42,18 (01:25,41)  
300m: 04:09,82 (01:27,64) 400m: 05:36,78 (01:26,96)

### AK 20

1. und Landesmeister AK 20  
Deike Homeyer 1991/AK20 SG Wiste 04:56,58  
100m: 01:09,62 (01:09,62) 200m: 02:24,52 (01:14,90)  
300m: 03:40,24 (01:15,72) 400m: 04:56,58 (01:16,34)

Langenhagen, den 17.02.2013

Abschnittsende: 15:18 Uhr

Protokollende: 15:24 Uhr

gez. Wolfgang Schlüter

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Schiedsrichter

gez. Andreas Helmold

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Schiedsrichter

gez. Melanie Battermann

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Protokollführer