

## Einzelwertung gesamt

| Platz | Nachname       | Vorname         | Verein                      | Jahrgang | Punkte |
|-------|----------------|-----------------|-----------------------------|----------|--------|
| 1     | Wandmacher     | Mark            | Hamburger Triathlon Verband | 2007     | 1914   |
| 2     | Zeidler        | Katharina       | Buxtehuder SV               | 1995     | 1849   |
| 3     | Hinsch         | Jesse           | Hamburger Triathlon Verband | 2008     | 1780   |
| 4     | Wibbeke        | Theresa         | Hamburger Triathlon Verband | 2009     | 1755   |
| 5     | Reuß           | Parker          | TSV Bargteheide Tri         | 2008     | 1734   |
| 6     | Harcenko       | Robert          | Hamburger Triathlon Verband | 2010     | 1647   |
| 7     | Niemann        | Zoey            | Tri-Sport Lübeck            | 2009     | 1605   |
| 8     | Schwarz        | Bette           | TSV Bargteheide Tri         | 2008     | 1574   |
| 9     | Frenzel        | Lene            | Tri-Sport Lübeck            | 2007     | 1559   |
| 10    | Mick           | Hjørdis         | USC Kiel                    | 2000     | 1535   |
| 11    | Gatzka         | Martin          | Hamburger Triathlon Verband | 2010     | 1499   |
| 12    | Hinsch         | Mirja           | Hamburger Triathlon Verband | 2010     | 1476   |
| 13    | Teegen         | Sven            | SV Wiking Kiel              | 1980     | 1462   |
| 14    | Lempio         | Ida Kristin     | Tri-Sport Lübeck            | 2012     | 1450   |
| 15    | Grosse         | Flemming        | Ratzeburger SV - Triathlon  | 2009     | 1322   |
| 16    | Sandau         | Sofie           | TriSport Holstein           | 2011     | 1300   |
| 17    | Schmücking     | Christina       | DLRG Kiel e. V.             | 2000     | 1297   |
| 18    | Flachshaar     | Tessa Josephine | VfL Oldesloe                | 2013     | 1284   |
| 19    | Colombet       | Lille           | Hamburger Triathlon Verband | 2013     | 1283   |
| 20    | Hoffmann       | Aili Marie      | TSV Bargteheide Tri         | 2009     | 1275   |
| 21    | Fitschen       | Lasse           | TSV Bargteheide Tri         | 2002     | 1265   |
| 22    | Taube          | Carlotta        | Tri-Sport Lübeck            | 2007     | 1263   |
| 23    | Schnelle       | Benjamin        | Hamburger Triathlon Verband | 2010     | 1260   |
| 24    | Last           | Anuuk           | Hamburger Triathlon Verband | 2012     | 1249   |
| 25    | Küstner        | Joey            | SV Neptun Kiel              | 1999     | 1242   |
| 26    | Ungewitter     | Jette           | TSV Bargteheide Tri         | 2010     | 1235   |
| 27    | Elsenbach      | Len             | TSV Bargteheide Tri         | 2010     | 1226   |
| 28    | Seiler         | Fenja           | VfL Oldesloe                | 2010     | 1209   |
| 29    | Lucks          | Silas           | USC Kiel                    | 1993     | 1205   |
| 30    | Zoder          | Julius          | USC Kiel                    | 2000     | 1195   |
| 31    | Rickert        | Vincent         | Ratzeburger SV - Triathlon  | 1995     | 1176   |
| 32    | Greve          | Emil            | Hamburger Triathlon Verband | 2010     | 1154   |
| 33    | Sonnenberger   | Lin             | Tri-Sport Lübeck            | 2012     | 1146   |
| 34    | Fleischfresser | Ida             | VfL Oldesloe                | 2010     | 1139   |
| 35    | Thiem          | Jandirk         | Ratzeburger SV - Triathlon  | 1981     | 1135   |
| 36    | Praus          | Torben          | -                           | 1990     | 1125   |

|    |                   |              |                             |      |      |
|----|-------------------|--------------|-----------------------------|------|------|
| 37 | Grüder            | Maja         | Tri-Sport Lübeck            | 2008 | 1109 |
| 38 | Krause            | Sara         | SV Neptun Kiel              | 1979 | 1094 |
| 39 | Hoppe             | Anna         | TSV Bargteheide Tri         | 2009 | 1090 |
| 40 | Ernst             | Tjorven      | USC Kiel                    | 2005 | 1079 |
| 41 | Säring            | Tarja        | VfL Oldesloe                | 2012 | 1066 |
| 42 | Dallmann          | Maximilian   | SV Wiking Kiel              | 2005 | 1048 |
| 43 | Haase             | Emily        | Tri Team Hamburg            | 1999 | 1039 |
| 44 | RAEDER            | TORBEN       | TSV Bargteheide Tri         | 2007 | 1033 |
| 45 | von Wintzingerode | Elena        | Hamburger Triathlon Verband | 2010 | 1010 |
| 46 | Bohnert           | Tim          | Ratzeburger SV - Triathlon  | 2010 | 1002 |
| 47 | Mandel            | Rasmus       | Sport-Club Itzehoe          | 2008 | 996  |
| 48 | Jäger             | Tim          | Ratzeburger SV - Triathlon  | 1989 | 995  |
| 49 | Diettrich         | Zoé          | Hamburger Triathlon Verband | 2009 | 994  |
| 50 | Querfurth         | Pauline      | SV Neptun Kiel              | 1998 | 990  |
| 51 | Schröder          | Lena         | SG Stormarn Barsbüttel      | 2014 | 983  |
| 52 | Dahlmann          | Julia        | Ratzeburger SV - Triathlon  | 1982 | 975  |
| 53 | Lorenzen          | Maren        | USC Kiel                    | 1984 | 971  |
| 54 | Jessen            | Leo          | Tri-Sport Lübeck            | 2009 | 962  |
| 55 | Plaumann          | Martha       | Hamburger Triathlon Verband | 2014 | 952  |
| 56 | Jensen            | Ramona       | SV Neptun Kiel              | 1985 | 950  |
| 57 | Collier           | Jolina       | VfL Oldesloe                | 2011 | 936  |
| 58 | Thiem             | Jonas        | Ratzeburger SV - Triathlon  | 2013 | 928  |
| 59 | Weißwange         | Roland       | USC Kiel                    | 1962 | 921  |
| 60 | Petermann         | Christopher  | Hamburger Triathlon Verband | 2008 | 909  |
| 61 | Heinemann         | Janek        | TSV Bargteheide Tri         | 2012 | 906  |
| 62 | Hornig            | Joris        | Hamburger Triathlon Verband | 2009 | 902  |
| 62 | Otto              | Jaden Noah   | Sport-Club Itzehoe          | 2013 | 902  |
| 64 | Faelske           | Charlotte    | Hamburger Triathlon Verband | 2014 | 896  |
| 65 | Fernandes         | Stella Lucia | TSV Bargteheide Tri         | 2008 | 878  |
| 65 | Friedrich         | Carolin      | Ratzeburger SV - Triathlon  | 1996 | 878  |
| 67 | Mandel            | Johann       | Sport-Club Itzehoe          | 2007 | 875  |
| 68 | Köck              | Henrik       | TriAs Flensburg e.V.        | 1999 | 870  |
| 69 | Lütjens           | Leonie       | USC Kiel                    | 2008 | 864  |
| 70 | Strehlau          | Ida          | Hamburger Triathlon Verband | 2013 | 849  |
| 71 | Magens            | Elva         | TSV Bargteheide Tri         | 2013 | 835  |
| 72 | Arndt             | Marlene      | Hamburger Triathlon Verband | 2011 | 821  |
| 73 | Stemmer           | Bente        | TSV Bargteheide Tri         | 2011 | 813  |
| 74 | Braun             | Emma         | TSV Bargteheide Tri         | 2008 | 812  |

|     |                 |                |                                                |      |     |
|-----|-----------------|----------------|------------------------------------------------|------|-----|
| 75  | Heinemann       | Mathilde       | TSV Bargteheide Tri                            | 2010 | 811 |
| 76  | Lütjens         | Liam           | USC Kiel                                       | 2008 | 810 |
| 76  | Renke           | Tjark          | TSB Flensburg von 1865 e.V. Triathlonabteilung | 2008 | 810 |
| 78  | Teupke          | Britta         | SV Neptun Kiel                                 | 1972 | 791 |
| 79  | Andresen        | Julius         | Tri-Sport Lübeck                               | 2014 | 787 |
| 80  | Reichgardt      | Lena           | Ratzeburger SV - Triathlon                     | 1989 | 783 |
| 81  | Döhlemeyer      | Niklas         | TSV Bargteheide Tri                            | 2010 | 777 |
| 82  | Thran           | Nio            | Hamburger Triathlon Verband                    | 2010 | 765 |
| 83  | von Gehlen      | Paul           | Hamburger Triathlon Verband                    | 2011 | 763 |
| 84  | Prigandt        | Junis          | Sport-Club Itzehoe                             | 2011 | 754 |
| 85  | Bradtke         | Sanni          | Tri-Sport Lübeck                               | 2009 | 753 |
| 86  | Rathke          | Oskar          | VfL Oldesloe                                   | 2011 | 750 |
| 87  | Bohnert         | Selina         | Ratzeburger SV - Triathlon                     | 2005 | 736 |
| 88  | Schoof          | Sverre Petter  | Sport-Club Itzehoe                             | 2013 | 732 |
| 89  | Sandau          | Jacob          | TriSport Holstein                              | 2013 | 720 |
| 90  | Magens          | Clara          | TSV Bargteheide Tri                            | 2010 | 707 |
| 91  | Lorenzen        | Felix          | TSB Flensburg von 1865 e.V. Triathlonabteilung | 2013 | 701 |
| 91  | Sonnenberger    | Felix          | Tri-Sport Lübeck                               | 2012 | 701 |
| 93  | Schmitt         | Juliane Hazuki | Sport-Club Itzehoe                             | 2013 | 699 |
| 94  | Seiler          | Frida          | VfL Oldesloe                                   | 2015 | 688 |
| 95  | Sonnenberger    | Stine          | Tri-Sport Lübeck                               | 2015 | 687 |
| 96  | Mescheder       | Jooke          | USC Kiel                                       | 2012 | 683 |
| 97  | Thoms           | Lily           | TriAs Flensburg e.V.                           | 2014 | 667 |
| 98  | Milosz-Schultze | Antoni         | VfL Oldesloe                                   | 2012 | 664 |
| 99  | Mogylnyi        | Dmytro         | SV Neptun Kiel                                 | 1985 | 656 |
| 100 | Schröder        | Marit          | SG Stormarn Barsbüttel                         | 1984 | 646 |
| 101 | Reinke          | Linn           | Sport-Club Itzehoe                             | 2013 | 644 |
| 102 | Prigandt        | Jonna          | Sport-Club Itzehoe                             | 2013 | 641 |
| 103 | Seiler          | Fiete          | VfL Oldesloe                                   | 2013 | 632 |
| 104 | Schreiber       | Rabia          | SV Neptun Kiel                                 | 1987 | 621 |
| 104 | Thiem           | Lena           | Ratzeburger SV - Triathlon                     | 2016 | 621 |
| 106 | Rose            | Judith         | Sport-Club Itzehoe                             | 2007 | 612 |
| 107 | Höxtermann      | Marie          | VfL Oldesloe                                   | 2013 | 597 |
| 108 | Jacobsen        | Fenris         | VfL Oldesloe                                   | 2012 | 586 |
| 109 | Schulze         | Lara           | VfL Oldesloe                                   | 2015 | 575 |
| 110 | Arp             | Laney          | Sport-Club Itzehoe                             | 2016 | 574 |
| 111 | Krüger          | Lina           | USC Kiel                                       | 2014 | 572 |
| 112 | Matthias        | Dahlmann       | Ratzeburger SV - Triathlon                     | 1970 | 570 |

|     |                   |                          |                                  |      |     |
|-----|-------------------|--------------------------|----------------------------------|------|-----|
| 113 | Otto              | Aaron Eliah              | Sport-Club Itzehoe               | 2015 | 565 |
| 114 | Dahlmann          | Moritz                   | Ratzeburger SV - Triathlon       | 2012 | 564 |
| 115 | Dolstra           | Fynn                     | Hamburger Triathlon Verband      | 2013 | 562 |
| 116 | Berkau            | Angelika                 | SV Neptun Kiel                   | 1961 | 549 |
| 116 | Frantzen          | Lisa Katharina           | TriHaie Rethwisch                | 2013 | 549 |
| 118 | Michalek          | Tim                      | Tri-Sport Lübeck                 | 2011 | 547 |
| 119 | Rieken            | Finn                     | Ratzeburger SV - Triathlon       | 2014 | 546 |
| 120 | Walter            | Jannik                   | SG Wasserratten Norderstedt e.V. | 2010 | 543 |
| 121 | Rehse             | Luisa                    | Sport-Club Itzehoe               | 2014 | 542 |
| 122 | Wächtler          | Clara                    | Tri-Sport Lübeck                 | 2013 | 541 |
| 123 | Heyn              | Matthias                 | Ratzeburger SV - Triathlon       | 1963 | 540 |
| 124 | Janßen            | Jarne                    | Hamburger Triathlon Verband      | 2013 | 539 |
| 125 | Grüder            | Finn                     | Tri-Sport Lübeck                 | 2014 | 518 |
| 126 | von Wintzingerode | Florian                  | Hamburger Triathlon Verband      | 2012 | 515 |
| 127 | Diehl             | Susanne                  | Hamburger Triathlon Verband      | 2011 | 504 |
| 128 | Jessen            | Katharina                | Tri-Sport Lübeck                 | 2015 | 496 |
| 129 | Möllenhoff        | Johann                   | Ratzeburger SV - Triathlon       | 2014 | 488 |
| 130 | Valenko           | Nikita                   | Triabolos Hamburg                | 2012 | 483 |
| 131 | Windeck           | Lukas                    | SG Stormarn Barsbüttel           | 2017 | 479 |
| 132 | Kristina          | Jessen                   | Tri-Sport Lübeck                 | 2015 | 476 |
| 133 | Domnick           | Magnus                   | Ratzeburger SV - Triathlon       | 2009 | 472 |
| 134 | Zierke            | Nika                     | Ratzeburger SV - Triathlon       | 2014 | 467 |
| 135 | Strigl            | Mathilda                 | TriHaie Rethwisch                | 2012 | 459 |
| 135 | Sonnenberger      | Jon                      | Tri-Sport Lübeck                 | 2016 | 456 |
| 137 | Hopf              | Mathilda Catalina Sophie | TriAs Flensburg e.V.             | 2015 | 456 |
| 138 | Nordhaus          | Antje                    | Ratzeburger SV - Triathlon       | 1987 | 453 |
| 139 | Buchner           | Marie                    | USC Kiel                         | 2016 | 442 |
| 140 | Strehlau          | Nike                     | Hamburger Triathlon Verband      | 2015 | 439 |
| 141 | Müller            | Oscar                    | Hamburger Triathlon Verband      | 2014 | 435 |
| 142 | Petermann         | Cornelius                | Hamburger Triathlon Verband      | 2012 | 430 |
| 142 | Kretzschmar       | Piet                     | Hamburger Triathlon Verband      | 2013 | 430 |
| 144 | Joost             | Marit                    | TSV Bargteheide Tri              | 2007 | 412 |
| 145 | Lempio            | Hinnerk                  | Tri-Sport Lübeck                 | 2014 | 411 |
| 146 | Ahmling           | Veit Barrett             | Sport-Club Itzehoe               | 2016 | 410 |
| 147 | Walk              | Emma                     | Hamburger Triathlon Verband      | 2015 | 408 |
| 148 | Höhl              | Linea                    | Hamburger Triathlon Verband      | 2016 | 405 |
| 149 | Grosse            | Johann                   | Ratzeburger SV - Triathlon       | 2013 | 404 |
| 150 | Zierke            | Markus                   | Ratzeburger SV - Triathlon       | 1975 | 403 |

|     |                   |                |                             |      |     |
|-----|-------------------|----------------|-----------------------------|------|-----|
| 151 | Könemann          | Jürgen         | SV Neptun Kiel              | 1968 | 395 |
| 152 | Windeck           | Lotta          | SG Stormarn Barsbüttel      | 2019 | 391 |
| 153 | Gust              | Piet           | VfL Oldesloe                | 2013 | 390 |
| 154 | Ripke             | Felix          | Tri-Sport Lübeck            | 2015 | 388 |
| 155 | Thiesen           | Clara          | TSV Bargteheide Tri         | 2015 | 382 |
| 156 | Mahnke            | Carola         | Ratzeburger SV - Triathlon  | 1978 | 381 |
| 157 | Engel             | Josua          | TSV Bargteheide Tri         | 2015 | 378 |
| 158 | Sondermann        | Joona          | USC Kiel                    | 2013 | 372 |
| 159 | Reinke            | Leni           | Sport-Club Itzehoe          | 2016 | 361 |
| 159 | Schlauderbach     | Tobias         | USC Kiel                    | 1988 | 361 |
| 159 | Kaufmann          | Claas          | Hamburger Triathlon Verband | 2014 | 361 |
| 162 | Buchner           | Felix          | USC Kiel                    | 2015 | 356 |
| 163 | Schröder          | Jannis         | SG Stormarn Barsbüttel      | 2017 | 353 |
| 164 | Heinrich          | Diana Viktoria | VfL Oldesloe                | 2016 | 352 |
| 165 | Trimborn          | Mathilda       | TriAs Flensburg e.V.        | 2017 | 344 |
| 166 | Fuckerirer        | Jakob          | Eckernförder MTV            | 2009 | 331 |
| 167 | Gust              | Toni           | VfL Oldesloe                | 2016 | 323 |
| 168 | Schwarze          | Heike          | SV Neptun Kiel              | 1969 | 322 |
| 169 | Reichel           | Amelie         | Sport-Club Itzehoe          | 2014 | 314 |
| 170 | Dahmen            | Willem         | USC Kiel                    | 2015 | 313 |
| 171 | Rochow            | Mattis         | SG Stormarn Barsbüttel      | 2017 | 300 |
| 172 | Baumert           | Jacob Leon     | Hamburger Triathlon Verband | 2011 | 299 |
| 173 | von Gehlen        | Moritz         | Hamburger Triathlon Verband | 2014 | 289 |
| 174 | Schrapers         | Arnold         | TSV Bargteheide Tri         | 2016 | 284 |
| 175 | Uceda Omelanowsky | Sofia          | TriAs Flensburg e.V.        | 2018 | 281 |
| 175 | Engel             | Katharina      | TSV Bargteheide Tri         | 2018 | 281 |
| 175 | Hülsemann         | Jaak           | Hamburger Triathlon Verband | 2015 | 281 |
| 178 | Dahlmann          | Johanna        | Ratzeburger SV - Triathlon  | 2017 | 280 |
| 178 | Rau               | Emma           | TriHaie Rethwisch           | 2013 | 280 |
| 180 | Kruse             | Pauline        | Hamburger Triathlon Verband | 2015 | 269 |
| 180 | Zierke            | Justus         | Ratzeburger SV - Triathlon  | 2016 | 269 |
| 182 | Engel             | Magdalena      | TSV Bargteheide Tri         | 2013 | 259 |
| 183 | Hopf              | Levi Elia      | TriAs Flensburg e.V.        | 2010 | 255 |
| 184 | Bald              | Fitje          | USC Kiel                    | 2013 | 246 |
| 185 | Horn              | Tomke          | TriAs Flensburg e.V.        | 2016 | 221 |
| 185 | Schröder          | Björn          | SG Stormarn Barsbüttel      | 1981 | 221 |
| 187 | Jureczek          | Wolfgang       | SV Wiking Kiel              | 1955 | 219 |
| 188 | Wegener           | Jella          | Sport-Club Itzehoe          | 2018 | 214 |

|     |                   |                   |                             |      |     |
|-----|-------------------|-------------------|-----------------------------|------|-----|
| 189 | Wegener           | Mina              | Sport-Club Itzehoe          | 2018 | 210 |
| 190 | Kreikemeier       | Ulrike            | SV Neptun Kiel              | 1963 | 195 |
| 191 | Feller            | Oskar             | Sport-Club Itzehoe          | 2016 | 194 |
| 192 | Meyer-Glitza      | Johanna           | Hamburger Triathlon Verband | 2016 | 192 |
| 193 | Splittgerber      | Moritz            | Hamburger Triathlon Verband | 2015 | 175 |
| 194 | Kruse             | Luise             | Hamburger Triathlon Verband | 2017 | 173 |
| 195 | Ortega von Fabeck | Lauren            | Hamburger Triathlon Verband | 2015 | 160 |
| 196 | Jeske             | Ylva Malin        | Hamburger Triathlon Verband | 2018 | 152 |
| 197 | Nikfarza          | Lale Olivia       | Hamburger Triathlon Verband | 2017 | 150 |
| 198 | Andresen          | Jonathan          | Tri-Sport Lübeck            | 2016 | 138 |
| 199 | Kleissl           | Hannes            | Tri-Sport Lübeck            | 2010 | 134 |
| 200 | Sondermann        | Arve              | USC Kiel                    | 2016 | 99  |
| 201 | Valenko           | Andrii            | Triabolos Hamburg           | 2017 | 95  |
| 202 | Kettwig           | Tido              | SV Neptun Kiel              | 1972 | 94  |
| 203 | Kettwig           | Livia             | Kieler Turnverein           | 2016 | 60  |
| 204 | Kirsch            | Mia               | Hamburger Triathlon Verband | 2009 | 0   |
| 205 | Klapper           | Theo              | USC Kiel                    | 2008 | 0   |
| 206 | Löwe              | Emil Luis         | Hamburger Triathlon Verband | 2011 | 0   |
| 207 | Limberg           | Mathilda Eleonora | Hamburger Triathlon Verband | 2014 | 0   |
| 208 | Lohneis           | Kajsa             | Tri-Sport Lübeck            | 2014 | 0   |
| 209 | Neumann           | Erik              | Hamburger Triathlon Verband | 2011 | 0   |
| 210 | Mescheder         | Jelka             | USC Kiel                    | 2009 | 0   |
| 211 | Raeder            | Leon              | TSV Bargteheide Tri         | 2005 | 0   |
| 212 | Rahn              | Noah              | Hamburger Triathlon Verband | 2014 | 0   |
| 213 | Beck              | Balthasar         | USC Kiel                    | 2011 | 0   |
| 214 | Beck              | Jonathan          | USC Kiel                    | 2014 | 0   |
| 215 | Becker            | Kimberly          | SV Neptun Kiel              | 1997 | 0   |
| 216 | Bühlow            | Julius            | USC Kiel                    | 2019 | 0   |
| 217 | Buroh             | Johanna           | Hamburger Triathlon Verband | 2005 | 0   |
| 218 | Eggers            | Ben               | TriAs Flensburg e.V.        | 2009 | 0   |
| 219 | Gerner            | Ole               | TSV Bargteheide Tri         | 2014 | 0   |
| 220 | Gilbert           | Milan             | TriHaie Rethwisch           | 2013 | 0   |
| 221 | Heigelmann        | Adrian            | Tri-Sport Lübeck            | 2009 | 0   |
| 222 | Stoffels          | Hanna             | SV Neptun Kiel              | 1986 | 0   |
| 223 | Süßmann           | Frederic          | Sport-Club Itzehoe          | 1992 | 0   |
| 224 | Tathoff           | Imke              | FC St. Pauli Triathlon      | 2006 | 0   |
| 225 | Siewert           | Tabatha Fenya     | Sport-Club Itzehoe          | 2008 | 0   |
| 226 | Sommer            | Tore              | USC Kiel                    | 2015 | 0   |

|     |        |            |                                  |      |   |
|-----|--------|------------|----------------------------------|------|---|
| 227 | Schoof | Rasmus Ole | Sport-Club Itzehoe               | 2010 | 0 |
| 228 | Sauer  | Jarne      | SG Athletico Büdelsdorf          | 2011 | 0 |
| 229 | Rutz   | Bruno      | SG Lübeck                        | 2012 | 0 |
| 230 | Werft  | Klaas      | Sport-Club Itzehoe               | 2012 | 0 |
| 231 | Werft  | Lina       | Sport-Club Itzehoe               | 2013 | 0 |
| 232 | Wilken | Jonas      | SG Wasserratten Norderstedt e.V. | 2013 | 0 |

## Einzelwertung AK 1 (Jahrgang 2009 und jünger)

| Platz | Nachname          | Vorname         | Verein                      | Jahrgang | Punkte |
|-------|-------------------|-----------------|-----------------------------|----------|--------|
| 1     | Wibbeke           | Theresa         | Hamburger Triathlon Verband | 2009     | 1755   |
| 2     | Harcenko          | Robert          | Hamburger Triathlon Verband | 2010     | 1647   |
| 3     | Niemann           | Zoey            | Tri-Sport Lübeck            | 2009     | 1605   |
| 4     | Gatzka            | Martin          | Hamburger Triathlon Verband | 2010     | 1499   |
| 5     | Hinsch            | Mirja           | Hamburger Triathlon Verband | 2010     | 1476   |
| 6     | Lempio            | Ida Kristin     | Tri-Sport Lübeck            | 2012     | 1450   |
| 7     | Grosse            | Flemming        | Ratzeburger SV - Triathlon  | 2009     | 1322   |
| 8     | Sandau            | Sofie           | TriSport Holstein           | 2011     | 1300   |
| 9     | Flachshaar        | Tessa Josephine | VfL Oldesloe                | 2013     | 1284   |
| 10    | Colombet          | Lille           | Hamburger Triathlon Verband | 2013     | 1283   |
| 11    | Hoffmann          | Aili Marie      | TSV Bargteheide Tri         | 2009     | 1275   |
| 12    | Schnelle          | Benjamin        | Hamburger Triathlon Verband | 2010     | 1260   |
| 13    | Last              | Anuuk           | Hamburger Triathlon Verband | 2012     | 1249   |
| 14    | Ungewitter        | Jette           | TSV Bargteheide Tri         | 2010     | 1235   |
| 15    | Elsenbach         | Len             | TSV Bargteheide Tri         | 2010     | 1226   |
| 16    | Seiler            | Fenja           | VfL Oldesloe                | 2010     | 1209   |
| 17    | Greve             | Emil            | Hamburger Triathlon Verband | 2010     | 1154   |
| 18    | Sonnenberger      | Lin             | Tri-Sport Lübeck            | 2012     | 1146   |
| 19    | Fleischfresser    | Ida             | VfL Oldesloe                | 2010     | 1139   |
| 20    | Hoppe             | Anna            | TSV Bargteheide Tri         | 2009     | 1090   |
| 21    | Säring            | Tarja           | VfL Oldesloe                | 2012     | 1066   |
| 22    | von Wintzingerode | Elena           | Hamburger Triathlon Verband | 2010     | 1010   |
| 23    | Bohnert           | Tim             | Ratzeburger SV - Triathlon  | 2010     | 1002   |
| 24    | Diettrich         | Zoé             | Hamburger Triathlon Verband | 2009     | 994    |
| 25    | Schröder          | Lena            | SG Stormarn Barsbüttel      | 2014     | 983    |
| 26    | Jessen            | Leo             | Tri-Sport Lübeck            | 2009     | 962    |
| 27    | Plaumann          | Martha          | Hamburger Triathlon Verband | 2014     | 952    |
| 28    | Collier           | Jolina          | VfL Oldesloe                | 2011     | 936    |
| 29    | Thiem             | Jonas           | Ratzeburger SV - Triathlon  | 2013     | 928    |
| 30    | Heinemann         | Janek           | TSV Bargteheide Tri         | 2012     | 906    |
| 31    | Hornig            | Joris           | Hamburger Triathlon Verband | 2009     | 902    |
| 31    | Otto              | Jaden Noah      | Sport-Club Itzehoe          | 2013     | 902    |
| 33    | Faelske           | Charlotte       | Hamburger Triathlon Verband | 2014     | 896    |
| 34    | Strehlau          | Ida             | Hamburger Triathlon Verband | 2013     | 849    |
| 35    | Magens            | Elva            | TSV Bargteheide Tri         | 2013     | 835    |
| 36    | Arndt             | Marlene         | Hamburger Triathlon Verband | 2011     | 821    |



|    |                 |                |                                                |      |     |
|----|-----------------|----------------|------------------------------------------------|------|-----|
| 37 | Stemmer         | Bente          | TSV Bargteheide Tri                            | 2011 | 813 |
| 38 | Heinemann       | Mathilde       | TSV Bargteheide Tri                            | 2010 | 811 |
| 39 | Andresen        | Julius         | Tri-Sport Lübeck                               | 2014 | 787 |
| 40 | Döhlemeyer      | Niklas         | TSV Bargteheide Tri                            | 2010 | 777 |
| 41 | Thran           | Nio            | Hamburger Triathlon Verband                    | 2010 | 765 |
| 42 | von Gehlen      | Paul           | Hamburger Triathlon Verband                    | 2011 | 763 |
| 43 | Prigandt        | Junis          | Sport-Club Itzehoe                             | 2011 | 754 |
| 44 | Bradtke         | Sanni          | Tri-Sport Lübeck                               | 2009 | 753 |
| 45 | Rathke          | Oskar          | VfL Oldesloe                                   | 2011 | 750 |
| 46 | Schoof          | Sverre Petter  | Sport-Club Itzehoe                             | 2013 | 732 |
| 47 | Sandau          | Jacob          | TriSport Holstein                              | 2013 | 720 |
| 48 | Magens          | Clara          | TSV Bargteheide Tri                            | 2010 | 707 |
| 49 | Lorenzen        | Felix          | TSB Flensburg von 1865 e.V. Triathlonabteilung | 2013 | 701 |
| 49 | Sonnenberger    | Felix          | Tri-Sport Lübeck                               | 2012 | 701 |
| 51 | Schmitt         | Juliane Hazuki | Sport-Club Itzehoe                             | 2013 | 699 |
| 52 | Seiler          | Frida          | VfL Oldesloe                                   | 2015 | 688 |
| 53 | Sonnenberger    | Stine          | Tri-Sport Lübeck                               | 2015 | 687 |
| 54 | Mescheder       | Jooke          | USC Kiel                                       | 2012 | 683 |
| 55 | Thoms           | Lily           | TriAs Flensburg e.V.                           | 2014 | 667 |
| 56 | Milosz-Schultze | Antoni         | VfL Oldesloe                                   | 2012 | 664 |
| 57 | Reinke          | Linn           | Sport-Club Itzehoe                             | 2013 | 644 |
| 58 | Prigandt        | Jonna          | Sport-Club Itzehoe                             | 2013 | 641 |
| 59 | Seiler          | Fiete          | VfL Oldesloe                                   | 2013 | 632 |
| 60 | Thiem           | Lena           | Ratzeburger SV - Triathlon                     | 2016 | 621 |
| 61 | Höxtermann      | Marie          | VfL Oldesloe                                   | 2013 | 597 |
| 62 | Jacobsen        | Fenris         | VfL Oldesloe                                   | 2012 | 586 |
| 63 | Schulze         | Lara           | VfL Oldesloe                                   | 2015 | 575 |
| 64 | Arp             | Laney          | Sport-Club Itzehoe                             | 2016 | 574 |
| 65 | Krüger          | Lina           | USC Kiel                                       | 2014 | 572 |
| 66 | Otto            | Aaron Eliah    | Sport-Club Itzehoe                             | 2015 | 565 |
| 67 | Dahlmann        | Moritz         | Ratzeburger SV - Triathlon                     | 2012 | 564 |
| 68 | Dolstra         | Fynn           | Hamburger Triathlon Verband                    | 2013 | 562 |
| 69 | Frantzen        | Lisa Katharina | TriHaie Rethwisch                              | 2013 | 549 |
| 70 | Michalek        | Tim            | Tri-Sport Lübeck                               | 2011 | 547 |
| 71 | Rieken          | Finn           | Ratzeburger SV - Triathlon                     | 2014 | 546 |
| 72 | Walter          | Jannik         | SG Wasserratten Norderstedt e.V.               | 2010 | 543 |
| 73 | Rehse           | Luisa          | Sport-Club Itzehoe                             | 2014 | 542 |
| 74 | Wächtler        | Clara          | Tri-Sport Lübeck                               | 2013 | 541 |

|     |                   |                          |                             |      |     |
|-----|-------------------|--------------------------|-----------------------------|------|-----|
| 75  | Janßen            | Jarne                    | Hamburger Triathlon Verband | 2013 | 539 |
| 76  | Grüder            | Finn                     | Tri-Sport Lübeck            | 2014 | 518 |
| 77  | von Wintzingerode | Florian                  | Hamburger Triathlon Verband | 2012 | 515 |
| 78  | Diehl             | Susanne                  | Hamburger Triathlon Verband | 2011 | 504 |
| 79  | Jessen            | Katharina                | Tri-Sport Lübeck            | 2015 | 496 |
| 80  | Möllenhoff        | Johann                   | Ratzeburger SV - Triathlon  | 2014 | 488 |
| 81  | Valenko           | Nikita                   | Triabolos Hamburg           | 2012 | 483 |
| 82  | Windeck           | Lukas                    | SG Stormarn Barsbüttel      | 2017 | 479 |
| 83  | Kristina          | Jessen                   | Tri-Sport Lübeck            | 2015 | 476 |
| 84  | Domnick           | Magnus                   | Ratzeburger SV - Triathlon  | 2009 | 472 |
| 85  | Zierke            | Nika                     | Ratzeburger SV - Triathlon  | 2014 | 467 |
| 86  | Strigl            | Mathilda                 | TriHaie Rethwisch           | 2012 | 459 |
| 86  | Sonnenberger      | Jon                      | Tri-Sport Lübeck            | 2016 | 456 |
| 88  | Hopf              | Mathilda Catalina Sophie | TriAs Flensburg e.V.        | 2015 | 456 |
| 89  | Buchner           | Marie                    | USC Kiel                    | 2016 | 442 |
| 90  | Strehlau          | Nike                     | Hamburger Triathlon Verband | 2015 | 439 |
| 91  | Müller            | Oscar                    | Hamburger Triathlon Verband | 2014 | 435 |
| 92  | Petermann         | Cornelius                | Hamburger Triathlon Verband | 2012 | 430 |
| 92  | Kretzschmar       | Piet                     | Hamburger Triathlon Verband | 2013 | 430 |
| 94  | Lempio            | Hinnerk                  | Tri-Sport Lübeck            | 2014 | 411 |
| 95  | Ahmling           | Veit Barrett             | Sport-Club Itzehoe          | 2016 | 410 |
| 96  | Walk              | Emma                     | Hamburger Triathlon Verband | 2015 | 408 |
| 97  | Höhl              | Linea                    | Hamburger Triathlon Verband | 2016 | 405 |
| 98  | Grosse            | Johann                   | Ratzeburger SV - Triathlon  | 2013 | 404 |
| 99  | Windeck           | Lotta                    | SG Stormarn Barsbüttel      | 2019 | 391 |
| 100 | Gust              | Piet                     | VfL Oldesloe                | 2013 | 390 |
| 101 | Ripke             | Felix                    | Tri-Sport Lübeck            | 2015 | 388 |
| 102 | Thiesen           | Clara                    | TSV Bargteheide Tri         | 2015 | 382 |
| 103 | Engel             | Josua                    | TSV Bargteheide Tri         | 2015 | 378 |
| 104 | Sondermann        | Joona                    | USC Kiel                    | 2013 | 372 |
| 105 | Reinke            | Leni                     | Sport-Club Itzehoe          | 2016 | 361 |
| 105 | Kaufmann          | Claas                    | Hamburger Triathlon Verband | 2014 | 361 |
| 107 | Buchner           | Felix                    | USC Kiel                    | 2015 | 356 |
| 108 | Schröder          | Jannis                   | SG Stormarn Barsbüttel      | 2017 | 353 |
| 109 | Heinrich          | Diana Viktoria           | VfL Oldesloe                | 2016 | 352 |
| 110 | Trimborn          | Mathilda                 | TriAs Flensburg e.V.        | 2017 | 344 |
| 111 | Fuckerirer        | Jakob                    | Eckernförder MTV            | 2009 | 331 |
| 112 | Gust              | Toni                     | VfL Oldesloe                | 2016 | 323 |

|     |                   |             |                             |      |     |
|-----|-------------------|-------------|-----------------------------|------|-----|
| 113 | Reichel           | Amelie      | Sport-Club Itzehoe          | 2014 | 314 |
| 114 | Dahmen            | Willem      | USC Kiel                    | 2015 | 313 |
| 115 | Rochow            | Mattis      | SG Stormarn Barsbüttel      | 2017 | 300 |
| 116 | Baumert           | Jacob Leon  | Hamburger Triathlon Verband | 2011 | 299 |
| 117 | von Gehlen        | Moritz      | Hamburger Triathlon Verband | 2014 | 289 |
| 118 | Schrapers         | Arnold      | TSV Bargteheide Tri         | 2016 | 284 |
| 119 | Uceda Omelanowsky | Sofia       | TriAs Flensburg e.V.        | 2018 | 281 |
| 119 | Engel             | Katharina   | TSV Bargteheide Tri         | 2018 | 281 |
| 119 | Hülsemann         | Jaak        | Hamburger Triathlon Verband | 2015 | 281 |
| 122 | Dahlmann          | Johanna     | Ratzeburger SV - Triathlon  | 2017 | 280 |
| 122 | Rau               | Emma        | TriHaie Rethwisch           | 2013 | 280 |
| 124 | Kruse             | Pauline     | Hamburger Triathlon Verband | 2015 | 269 |
| 124 | Zierke            | Justus      | Ratzeburger SV - Triathlon  | 2016 | 269 |
| 126 | Engel             | Magdalena   | TSV Bargteheide Tri         | 2013 | 259 |
| 127 | Hopf              | Levi Elia   | TriAs Flensburg e.V.        | 2010 | 255 |
| 128 | Bald              | Fitje       | USC Kiel                    | 2013 | 246 |
| 129 | Horn              | Tomke       | TriAs Flensburg e.V.        | 2016 | 221 |
| 130 | Wegener           | Jella       | Sport-Club Itzehoe          | 2018 | 214 |
| 131 | Wegener           | Mina        | Sport-Club Itzehoe          | 2018 | 210 |
| 132 | Feller            | Oskar       | Sport-Club Itzehoe          | 2016 | 194 |
| 133 | Meyer-Glitza      | Johanna     | Hamburger Triathlon Verband | 2016 | 192 |
| 134 | Splittgerber      | Moritz      | Hamburger Triathlon Verband | 2015 | 175 |
| 135 | Kruse             | Luise       | Hamburger Triathlon Verband | 2017 | 173 |
| 136 | Ortega von Fabeck | Lauren      | Hamburger Triathlon Verband | 2015 | 160 |
| 137 | Jeske             | Ylva Malin  | Hamburger Triathlon Verband | 2018 | 152 |
| 138 | Nikfarza          | Lale Olivia | Hamburger Triathlon Verband | 2017 | 150 |
| 139 | Andresen          | Jonathan    | Tri-Sport Lübeck            | 2016 | 138 |
| 140 | Kleissl           | Hannes      | Tri-Sport Lübeck            | 2010 | 134 |
| 141 | Sondermann        | Arve        | USC Kiel                    | 2016 | 99  |
| 142 | Valenko           | Andrii      | Triabolos Hamburg           | 2017 | 95  |
| 143 | Kettwig           | Livia       | Kieler Turnverein           | 2016 | 60  |
| 144 | Kirsch            | Mia         | Hamburger Triathlon Verband | 2009 | 0   |
| 145 | Heigelmann        | Adrian      | Tri-Sport Lübeck            | 2009 | 0   |
| 146 | Beck              | Balthasar   | USC Kiel                    | 2011 | 0   |
| 147 | Beck              | Jonathan    | USC Kiel                    | 2014 | 0   |
| 148 | Bühlow            | Julius      | USC Kiel                    | 2019 | 0   |
| 149 | Gerner            | Ole         | TSV Bargteheide Tri         | 2014 | 0   |
| 150 | Gilbert           | Milan       | TriHaie Rethwisch           | 2013 | 0   |

|     |           |                   |                                  |      |   |
|-----|-----------|-------------------|----------------------------------|------|---|
| 151 | Eggers    | Ben               | TriAs Flensburg e.V.             | 2009 | 0 |
| 152 | Sommer    | Tore              | USC Kiel                         | 2015 | 0 |
| 153 | Sauer     | Jarne             | SG Athletico Büdelsdorf          | 2011 | 0 |
| 154 | Schoof    | Rasmus Ole        | Sport-Club Itzehoe               | 2010 | 0 |
| 155 | Rahn      | Noah              | Hamburger Triathlon Verband      | 2014 | 0 |
| 156 | Rutz      | Bruno             | SG Lübeck                        | 2012 | 0 |
| 157 | Neumann   | Erik              | Hamburger Triathlon Verband      | 2011 | 0 |
| 158 | Limberg   | Mathilda Eleonora | Hamburger Triathlon Verband      | 2014 | 0 |
| 159 | Lohneis   | Kajsa             | Tri-Sport Lübeck                 | 2014 | 0 |
| 160 | Löwe      | Emil Luis         | Hamburger Triathlon Verband      | 2011 | 0 |
| 161 | Mescheder | Jelka             | USC Kiel                         | 2009 | 0 |
| 162 | Werft     | Klaas             | Sport-Club Itzehoe               | 2012 | 0 |
| 163 | Werft     | Lina              | Sport-Club Itzehoe               | 2013 | 0 |
| 164 | Wilken    | Jonas             | SG Wasserratten Norderstedt e.V. | 2013 | 0 |

## Einzelwertung AK 2 (Jahrgang 1997 - 2008)

| Platz | Nachname   | Vorname       | Verein                                         | Jahrgang | Punkte |
|-------|------------|---------------|------------------------------------------------|----------|--------|
| 1     | Wandmacher | Mark          | Hamburger Triathlon Verband                    | 2007     | 1914   |
| 2     | Hinsch     | Jesse         | Hamburger Triathlon Verband                    | 2008     | 1780   |
| 3     | Reuß       | Parker        | TSV Bargteheide Tri                            | 2008     | 1734   |
| 4     | Schwarz    | Bette         | TSV Bargteheide Tri                            | 2008     | 1574   |
| 5     | Frenzel    | Lene          | Tri-Sport Lübeck                               | 2007     | 1559   |
| 6     | Mick       | Hjørdis       | USC Kiel                                       | 2000     | 1535   |
| 7     | Schmücking | Christina     | DLRG Kiel e. V.                                | 2000     | 1297   |
| 8     | Fitschen   | Lasse         | TSV Bargteheide Tri                            | 2002     | 1265   |
| 9     | Taube      | Carlotta      | Tri-Sport Lübeck                               | 2007     | 1263   |
| 10    | Küstner    | Joey          | SV Neptun Kiel                                 | 1999     | 1242   |
| 11    | Zoder      | Julius        | USC Kiel                                       | 2000     | 1195   |
| 12    | Grüder     | Maja          | Tri-Sport Lübeck                               | 2008     | 1109   |
| 13    | Ernst      | Tjorven       | USC Kiel                                       | 2005     | 1079   |
| 14    | Dallmann   | Maximilian    | SV Wiking Kiel                                 | 2005     | 1048   |
| 15    | Haase      | Emily         | Tri Team Hamburg                               | 1999     | 1039   |
| 16    | RAEDER     | TORBEN        | TSV Bargteheide Tri                            | 2007     | 1033   |
| 17    | Mandel     | Rasmus        | Sport-Club Itzehoe                             | 2008     | 996    |
| 18    | Querfurth  | Pauline       | SV Neptun Kiel                                 | 1998     | 990    |
| 19    | Petermann  | Christopher   | Hamburger Triathlon Verband                    | 2008     | 909    |
| 20    | Fernandes  | Stella Lucia  | TSV Bargteheide Tri                            | 2008     | 878    |
| 21    | Mandel     | Johann        | Sport-Club Itzehoe                             | 2007     | 875    |
| 22    | Köck       | Henrik        | TriAs Flensburg e.V.                           | 1999     | 870    |
| 23    | Lütjens    | Leonie        | USC Kiel                                       | 2008     | 864    |
| 24    | Braun      | Emma          | TSV Bargteheide Tri                            | 2008     | 812    |
| 25    | Lütjens    | Liam          | USC Kiel                                       | 2008     | 810    |
| 25    | Renke      | Tjark         | TSB Flensburg von 1865 e.V. Triathlonabteilung | 2008     | 810    |
| 27    | Bohnert    | Selina        | Ratzeburger SV - Triathlon                     | 2005     | 736    |
| 28    | Rose       | Judith        | Sport-Club Itzehoe                             | 2007     | 612    |
| 29    | Joost      | Marit         | TSV Bargteheide Tri                            | 2007     | 412    |
| 30    | Klapper    | Theo          | USC Kiel                                       | 2008     | 0      |
| 31    | Becker     | Kimberly      | SV Neptun Kiel                                 | 1997     | 0      |
| 32    | Buroh      | Johanna       | Hamburger Triathlon Verband                    | 2005     | 0      |
| 33    | Raeder     | Leon          | TSV Bargteheide Tri                            | 2005     | 0      |
| 34    | Siewert    | Tabatha Fenya | Sport-Club Itzehoe                             | 2008     | 0      |
| 35    | Tathoff    | Imke          | FC St. Pauli Triathlon                         | 2006     | 0      |

### Einzelwertung AK 3 (Jahrgang 1996 und älter)

| Platz | Nachname      | Vorname   | Verein                     | Jahrgang | Punkte |
|-------|---------------|-----------|----------------------------|----------|--------|
| 1     | Zeidler       | Katharina | Buxtehuder SV              | 1995     | 1849   |
| 2     | Teegen        | Sven      | SV Wiking Kiel             | 1980     | 1462   |
| 3     | Lucks         | Silas     | USC Kiel                   | 1993     | 1205   |
| 4     | Rickert       | Vincent   | Ratzeburger SV - Triathlon | 1995     | 1176   |
| 5     | Thiem         | Jandirk   | Ratzeburger SV - Triathlon | 1981     | 1135   |
| 6     | Praus         | Torben    | -                          | 1990     | 1125   |
| 7     | Krause        | Sara      | SV Neptun Kiel             | 1979     | 1094   |
| 8     | Jäger         | Tim       | Ratzeburger SV - Triathlon | 1989     | 995    |
| 9     | Dahlmann      | Julia     | Ratzeburger SV - Triathlon | 1982     | 975    |
| 10    | Lorenzen      | Maren     | USC Kiel                   | 1984     | 971    |
| 11    | Jensen        | Ramona    | SV Neptun Kiel             | 1985     | 950    |
| 12    | Weißwange     | Roland    | USC Kiel                   | 1962     | 921    |
| 13    | Friedrich     | Carolin   | Ratzeburger SV - Triathlon | 1996     | 878    |
| 14    | Teupke        | Britta    | SV Neptun Kiel             | 1972     | 791    |
| 15    | Reichgardt    | Lena      | Ratzeburger SV - Triathlon | 1989     | 783    |
| 16    | Mogylnyi      | Dmytro    | SV Neptun Kiel             | 1985     | 656    |
| 17    | Schröder      | Marit     | SG Stormarn Barsbüttel     | 1984     | 646    |
| 18    | Schreiber     | Rabia     | SV Neptun Kiel             | 1987     | 621    |
| 19    | Matthias      | Dahlmann  | Ratzeburger SV - Triathlon | 1970     | 570    |
| 20    | Berkau        | Angelika  | SV Neptun Kiel             | 1961     | 549    |
| 21    | Heyn          | Matthias  | Ratzeburger SV - Triathlon | 1963     | 540    |
| 22    | Nordhaus      | Antje     | Ratzeburger SV - Triathlon | 1987     | 453    |
| 23    | Zierke        | Markus    | Ratzeburger SV - Triathlon | 1975     | 403    |
| 24    | Könemann      | Jürgen    | SV Neptun Kiel             | 1968     | 395    |
| 25    | Mahnke        | Carola    | Ratzeburger SV - Triathlon | 1978     | 381    |
| 26    | Schlauderbach | Tobias    | USC Kiel                   | 1988     | 361    |
| 27    | Schwarze      | Heike     | SV Neptun Kiel             | 1969     | 322    |
| 28    | Schröder      | Björn     | SG Stormarn Barsbüttel     | 1981     | 221    |
| 29    | Jureczek      | Wolfgang  | SV Wiking Kiel             | 1955     | 219    |
| 30    | Kreikemeier   | Ulrike    | SV Neptun Kiel             | 1963     | 195    |
| 31    | Kettwig       | Tido      | SV Neptun Kiel             | 1972     | 94     |
| 32    | Stoffels      | Hanna     | SV Neptun Kiel             | 1986     | 0      |
| 33    | Süßmann       | Frederic  | Sport-Club Itzehoe         | 1992     | 0      |

## Einzelwertung Detail

| Nachname | Vorname      | WK Nr. | WK                 | Verein                      | Punkte | Jahrgang |
|----------|--------------|--------|--------------------|-----------------------------|--------|----------|
| Ahmling  | Veit Barrett | 7      | 50 m Brust         | Sport-Club Itzehoe          | 163    | 2016     |
| Ahmling  | Veit Barrett | 16     | 50 m Rücken        | Sport-Club Itzehoe          | 131    | 2016     |
| Ahmling  | Veit Barrett | 14     | 50 m Freistil      | Sport-Club Itzehoe          | 116    | 2016     |
| Andresen | Jonathan     | 16     | 50 m Rücken        | Tri-Sport Lübeck            | 138    | 2016     |
| Andresen | Jonathan     | 7      | 50 m Brust         | Tri-Sport Lübeck            | 0      | 2016     |
| Andresen | Jonathan     | 14     | 50 m Freistil      | Tri-Sport Lübeck            | 0      | 2016     |
| Andresen | Julius       | 7      | 50 m Brust         | Tri-Sport Lübeck            | 287    | 2014     |
| Andresen | Julius       | 3      | 400 m Freistil     | Tri-Sport Lübeck            | 253    | 2014     |
| Andresen | Julius       | 14     | 50 m Freistil      | Tri-Sport Lübeck            | 247    | 2014     |
| Arndt    | Marlene      | 6      | 50 m Brust         | Hamburger Triathlon Verband | 350    | 2011     |
| Arndt    | Marlene      | 13     | 50 m Freistil      | Hamburger Triathlon Verband | 259    | 2011     |
| Arndt    | Marlene      | 8      | 100 m Freistil     | Hamburger Triathlon Verband | 212    | 2011     |
| Arp      | Laney        | 6      | 50 m Brust         | Sport-Club Itzehoe          | 220    | 2016     |
| Arp      | Laney        | 15     | 50 m Rücken        | Sport-Club Itzehoe          | 179    | 2016     |
| Arp      | Laney        | 13     | 50 m Freistil      | Sport-Club Itzehoe          | 175    | 2016     |
| Bald     | Fitje        | 7      | 50 m Brust         | USC Kiel                    | 166    | 2013     |
| Bald     | Fitje        | 14     | 50 m Freistil      | USC Kiel                    | 80     | 2013     |
| Baumert  | Jacob Leon   | 7      | 50 m Brust         | Hamburger Triathlon Verband | 198    | 2011     |
| Baumert  | Jacob Leon   | 9      | 100 m Freistil     | Hamburger Triathlon Verband | 101    | 2011     |
| Beck     | Balthasar    | 14     | 50 m Freistil      | USC Kiel                    | 0      | 2011     |
| Beck     | Jonathan     | 14     | 50 m Freistil      | USC Kiel                    | 0      | 2014     |
| Becker   | Kimberly     | 4      | 100 m Lagen        | SV Neptun Kiel              | 0      | 1997     |
| Becker   | Kimberly     | 10     | 50 m Schmetterling | SV Neptun Kiel              | 0      | 1997     |
| Becker   | Kimberly     | 8      | 100 m Freistil     | SV Neptun Kiel              | 0      | 1997     |
| Berkau   | Angelika     | 6      | 50 m Brust         | SV Neptun Kiel              | 219    | 1961     |
| Berkau   | Angelika     | 15     | 50 m Rücken        | SV Neptun Kiel              | 188    | 1961     |
| Berkau   | Angelika     | 13     | 50 m Freistil      | SV Neptun Kiel              | 142    | 1961     |
| Bohnert  | Selina       | 6      | 50 m Brust         | Ratzeburger SV - Triathlon  | 291    | 2005     |
| Bohnert  | Selina       | 13     | 50 m Freistil      | Ratzeburger SV - Triathlon  | 238    | 2005     |
| Bohnert  | Selina       | 2      | 400 m Freistil     | Ratzeburger SV - Triathlon  | 207    | 2005     |
| Bohnert  | Tim          | 14     | 50 m Freistil      | Ratzeburger SV - Triathlon  | 376    | 2010     |
| Bohnert  | Tim          | 16     | 50 m Rücken        | Ratzeburger SV - Triathlon  | 322    | 2010     |
| Bohnert  | Tim          | 7      | 50 m Brust         | Ratzeburger SV - Triathlon  | 304    | 2010     |
| Bradtke  | Sanni        | 8      | 100 m Freistil     | Tri-Sport Lübeck            | 419    | 2009     |
| Bradtke  | Sanni        | 2      | 400 m Freistil     | Tri-Sport Lübeck            | 334    | 2009     |
| Bradtke  | Sanni        | 17     | 800 m Freistil     | Tri-Sport Lübeck            | 0      | 2009     |

|           |            |    |                    |                             |     |      |
|-----------|------------|----|--------------------|-----------------------------|-----|------|
| Braun     | Emma       | 6  | 50 m Brust         | TSV Bargteheide Tri         | 305 | 2008 |
| Braun     | Emma       | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 263 | 2008 |
| Braun     | Emma       | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 244 | 2008 |
| Buchner   | Felix      | 16 | 50 m Rücken        | USC Kiel                    | 135 | 2015 |
| Buchner   | Felix      | 14 | 50 m Freistil      | USC Kiel                    | 113 | 2015 |
| Buchner   | Felix      | 7  | 50 m Brust         | USC Kiel                    | 108 | 2015 |
| Buchner   | Marie      | 15 | 50 m Rücken        | USC Kiel                    | 158 | 2016 |
| Buchner   | Marie      | 6  | 50 m Brust         | USC Kiel                    | 142 | 2016 |
| Buchner   | Marie      | 13 | 50 m Freistil      | USC Kiel                    | 142 | 2016 |
| Bühlow    | Julius     | 7  | 50 m Brust         | USC Kiel                    | 0   | 2019 |
| Bühlow    | Julius     | 14 | 50 m Freistil      | USC Kiel                    | 0   | 2019 |
| Buroh     | Johanna    | 2  | 400 m Freistil     | Hamburger Triathlon Verband | 0   | 2005 |
| Buroh     | Johanna    | 8  | 100 m Freistil     | Hamburger Triathlon Verband | 0   | 2005 |
| Buroh     | Johanna    | 6  | 50 m Brust         | Hamburger Triathlon Verband | 0   | 2005 |
| Collier   | Jolina     | 6  | 50 m Brust         | VfL Oldesloe                | 342 | 2011 |
| Collier   | Jolina     | 15 | 50 m Rücken        | VfL Oldesloe                | 303 | 2011 |
| Collier   | Jolina     | 13 | 50 m Freistil      | VfL Oldesloe                | 291 | 2011 |
| Colombet  | Lille      | 15 | 50 m Rücken        | Hamburger Triathlon Verband | 476 | 2013 |
| Colombet  | Lille      | 10 | 50 m Schmetterling | Hamburger Triathlon Verband | 406 | 2013 |
| Colombet  | Lille      | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 401 | 2013 |
| Dahlmann  | Johanna    | 15 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 145 | 2017 |
| Dahlmann  | Johanna    | 6  | 50 m Brust         | Ratzeburger SV - Triathlon  | 135 | 2017 |
| Dahlmann  | Julia      | 6  | 50 m Brust         | Ratzeburger SV - Triathlon  | 404 | 1982 |
| Dahlmann  | Julia      | 13 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 306 | 1982 |
| Dahlmann  | Julia      | 8  | 100 m Freistil     | Ratzeburger SV - Triathlon  | 265 | 1982 |
| Dahlmann  | Moritz     | 16 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 203 | 2012 |
| Dahlmann  | Moritz     | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 186 | 2012 |
| Dahlmann  | Moritz     | 9  | 100 m Freistil     | Ratzeburger SV - Triathlon  | 175 | 2012 |
| Dahmen    | Willem     | 7  | 50 m Brust         | USC Kiel                    | 147 | 2015 |
| Dahmen    | Willem     | 16 | 50 m Rücken        | USC Kiel                    | 103 | 2015 |
| Dahmen    | Willem     | 14 | 50 m Freistil      | USC Kiel                    | 63  | 2015 |
| Dallmann  | Maximilian | 7  | 50 m Brust         | SV Wiking Kiel              | 406 | 2005 |
| Dallmann  | Maximilian | 14 | 50 m Freistil      | SV Wiking Kiel              | 338 | 2005 |
| Dallmann  | Maximilian | 5  | 100 m Lagen        | SV Wiking Kiel              | 304 | 2005 |
| Diehl     | Susanne    | 6  | 50 m Brust         | Hamburger Triathlon Verband | 236 | 2011 |
| Diehl     | Susanne    | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 142 | 2011 |
| Diehl     | Susanne    | 8  | 100 m Freistil     | Hamburger Triathlon Verband | 126 | 2011 |
| Diettrich | Zoé        | 17 | 800 m Freistil     | Hamburger Triathlon Verband | 349 | 2009 |



|            |              |    |                    |                             |     |      |
|------------|--------------|----|--------------------|-----------------------------|-----|------|
| Diettrich  | Zoé          | 8  | 100 m Freistil     | Hamburger Triathlon Verband | 341 | 2009 |
| Diettrich  | Zoé          | 15 | 50 m Rücken        | Hamburger Triathlon Verband | 304 | 2009 |
| Döhlemeyer | Niklas       | 14 | 50 m Freistil      | TSV Bargteheide Tri         | 273 | 2010 |
| Döhlemeyer | Niklas       | 7  | 50 m Brust         | TSV Bargteheide Tri         | 262 | 2010 |
| Döhlemeyer | Niklas       | 18 | 800 m Freistil     | TSV Bargteheide Tri         | 242 | 2010 |
| Dolstra    | Fynn         | 5  | 100 m Lagen        | Hamburger Triathlon Verband | 202 | 2013 |
| Dolstra    | Fynn         | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 186 | 2013 |
| Dolstra    | Fynn         | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 174 | 2013 |
| Domnick    | Magnus       | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 302 | 2009 |
| Domnick    | Magnus       | 5  | 100 m Lagen        | Ratzeburger SV - Triathlon  | 170 | 2009 |
| Eggers     | Ben          | 14 | 50 m Freistil      | TriAs Flensburg e.V.        | 0   | 2009 |
| Eggers     | Ben          | 9  | 100 m Freistil     | TriAs Flensburg e.V.        | 0   | 2009 |
| Eggers     | Ben          | 11 | 50 m Schmetterling | TriAs Flensburg e.V.        | 0   | 2009 |
| Elsenbach  | Len          | 18 | 800 m Freistil     | TSV Bargteheide Tri         | 423 | 2010 |
| Elsenbach  | Len          | 7  | 50 m Brust         | TSV Bargteheide Tri         | 404 | 2010 |
| Elsenbach  | Len          | 14 | 50 m Freistil      | TSV Bargteheide Tri         | 399 | 2010 |
| Engel      | Josua        | 7  | 50 m Brust         | TSV Bargteheide Tri         | 149 | 2015 |
| Engel      | Josua        | 16 | 50 m Rücken        | TSV Bargteheide Tri         | 128 | 2015 |
| Engel      | Josua        | 14 | 50 m Freistil      | TSV Bargteheide Tri         | 101 | 2015 |
| Engel      | Katharina    | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 138 | 2018 |
| Engel      | Katharina    | 6  | 50 m Brust         | TSV Bargteheide Tri         | 89  | 2018 |
| Engel      | Katharina    | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 54  | 2018 |
| Engel      | Magdalena    | 2  | 400 m Freistil     | TSV Bargteheide Tri         | 259 | 2013 |
| Engel      | Magdalena    | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 0   | 2013 |
| Engel      | Magdalena    | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 0   | 2013 |
| Ernst      | Tjorven      | 14 | 50 m Freistil      | USC Kiel                    | 373 | 2005 |
| Ernst      | Tjorven      | 9  | 100 m Freistil     | USC Kiel                    | 357 | 2005 |
| Ernst      | Tjorven      | 3  | 400 m Freistil     | USC Kiel                    | 349 | 2005 |
| Faelske    | Charlotte    | 4  | 100 m Lagen        | Hamburger Triathlon Verband | 306 | 2014 |
| Faelske    | Charlotte    | 6  | 50 m Brust         | Hamburger Triathlon Verband | 296 | 2014 |
| Faelske    | Charlotte    | 15 | 50 m Rücken        | Hamburger Triathlon Verband | 294 | 2014 |
| Feller     | Oskar        | 7  | 50 m Brust         | Sport-Club Itzehoe          | 94  | 2016 |
| Feller     | Oskar        | 16 | 50 m Rücken        | Sport-Club Itzehoe          | 83  | 2016 |
| Feller     | Oskar        | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 17  | 2016 |
| Fernandes  | Stella Lucia | 6  | 50 m Brust         | TSV Bargteheide Tri         | 314 | 2008 |
| Fernandes  | Stella Lucia | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 294 | 2008 |
| Fernandes  | Stella Lucia | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 270 | 2008 |
| Fitschen   | Lasse        | 9  | 100 m Freistil     | TSV Bargteheide Tri         | 435 | 2002 |

|                |                 |    |                    |                             |     |      |
|----------------|-----------------|----|--------------------|-----------------------------|-----|------|
| Fitschen       | Lasse           | 14 | 50 m Freistil      | TSV Bargteheide Tri         | 420 | 2002 |
| Fitschen       | Lasse           | 3  | 400 m Freistil     | TSV Bargteheide Tri         | 410 | 2002 |
| Flachshaar     | Tessa Josephine | 13 | 50 m Freistil      | VfL Oldesloe                | 470 | 2013 |
| Flachshaar     | Tessa Josephine | 15 | 50 m Rücken        | VfL Oldesloe                | 417 | 2013 |
| Flachshaar     | Tessa Josephine | 6  | 50 m Brust         | VfL Oldesloe                | 397 | 2013 |
| Fleischfresser | Ida             | 6  | 50 m Brust         | VfL Oldesloe                | 403 | 2010 |
| Fleischfresser | Ida             | 13 | 50 m Freistil      | VfL Oldesloe                | 383 | 2010 |
| Fleischfresser | Ida             | 17 | 800 m Freistil     | VfL Oldesloe                | 353 | 2010 |
| Frantzen       | Lisa Katharina  | 6  | 50 m Brust         | TriHaie Rethwisch           | 221 | 2013 |
| Frantzen       | Lisa Katharina  | 15 | 50 m Rücken        | TriHaie Rethwisch           | 177 | 2013 |
| Frantzen       | Lisa Katharina  | 13 | 50 m Freistil      | TriHaie Rethwisch           | 151 | 2013 |
| Frenzel        | Lene            | 6  | 50 m Brust         | Tri-Sport Lübeck            | 538 | 2007 |
| Frenzel        | Lene            | 4  | 100 m Lagen        | Tri-Sport Lübeck            | 521 | 2007 |
| Frenzel        | Lene            | 15 | 50 m Rücken        | Tri-Sport Lübeck            | 500 | 2007 |
| Friedrich      | Carolin         | 15 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 451 | 1996 |
| Friedrich      | Carolin         | 13 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 427 | 1996 |
| Fuckerirer     | Jakob           | 18 | 800 m Freistil     | Eckernförder MTV            | 331 | 2009 |
| Fuckerirer     | Jakob           | 9  | 100 m Freistil     | Eckernförder MTV            | 0   | 2009 |
| Gatzka         | Martin          | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 503 | 2010 |
| Gatzka         | Martin          | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 500 | 2010 |
| Gatzka         | Martin          | 18 | 800 m Freistil     | Hamburger Triathlon Verband | 496 | 2010 |
| Gerner         | Ole             | 14 | 50 m Freistil      | TSV Bargteheide Tri         | 0   | 2014 |
| Gerner         | Ole             | 7  | 50 m Brust         | TSV Bargteheide Tri         | 0   | 2014 |
| Gerner         | Ole             | 16 | 50 m Rücken        | TSV Bargteheide Tri         | 0   | 2014 |
| Gilbert        | Milan           | 14 | 50 m Freistil      | TriHaie Rethwisch           | 0   | 2013 |
| Gilbert        | Milan           | 7  | 50 m Brust         | TriHaie Rethwisch           | 0   | 2013 |
| Gilbert        | Milan           | 16 | 50 m Rücken        | TriHaie Rethwisch           | 0   | 2013 |
| Greve          | Emil            | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 387 | 2010 |
| Greve          | Emil            | 11 | 50 m Schmetterling | Hamburger Triathlon Verband | 385 | 2010 |
| Greve          | Emil            | 16 | 50 m Rücken        | Hamburger Triathlon Verband | 382 | 2010 |
| Grosse         | Flemming        | 18 | 800 m Freistil     | Ratzeburger SV - Triathlon  | 490 | 2009 |
| Grosse         | Flemming        | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 435 | 2009 |
| Grosse         | Flemming        | 11 | 50 m Schmetterling | Ratzeburger SV - Triathlon  | 397 | 2009 |
| Grosse         | Johann          | 7  | 50 m Brust         | Ratzeburger SV - Triathlon  | 145 | 2013 |
| Grosse         | Johann          | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 130 | 2013 |
| Grosse         | Johann          | 16 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 129 | 2013 |
| Grüder         | Finn            | 7  | 50 m Brust         | Tri-Sport Lübeck            | 206 | 2014 |
| Grüder         | Finn            | 16 | 50 m Rücken        | Tri-Sport Lübeck            | 163 | 2014 |

|            |                |    |                |                             |     |      |
|------------|----------------|----|----------------|-----------------------------|-----|------|
| Grüder     | Finn           | 14 | 50 m Freistil  | Tri-Sport Lübeck            | 149 | 2014 |
| Grüder     | Maja           | 8  | 100 m Freistil | Tri-Sport Lübeck            | 399 | 2008 |
| Grüder     | Maja           | 15 | 50 m Rücken    | Tri-Sport Lübeck            | 377 | 2008 |
| Grüder     | Maja           | 17 | 800 m Freistil | Tri-Sport Lübeck            | 333 | 2008 |
| Gust       | Piet           | 7  | 50 m Brust     | VfL Oldesloe                | 201 | 2013 |
| Gust       | Piet           | 16 | 50 m Rücken    | VfL Oldesloe                | 118 | 2013 |
| Gust       | Piet           | 14 | 50 m Freistil  | VfL Oldesloe                | 71  | 2013 |
| Gust       | Toni           | 7  | 50 m Brust     | VfL Oldesloe                | 157 | 2016 |
| Gust       | Toni           | 16 | 50 m Rücken    | VfL Oldesloe                | 101 | 2016 |
| Gust       | Toni           | 14 | 50 m Freistil  | VfL Oldesloe                | 65  | 2016 |
| Haase      | Emily          | 8  | 100 m Freistil | Tri Team Hamburg            | 359 | 1999 |
| Haase      | Emily          | 13 | 50 m Freistil  | Tri Team Hamburg            | 343 | 1999 |
| Haase      | Emily          | 2  | 400 m Freistil | Tri Team Hamburg            | 337 | 1999 |
| Harcenko   | Robert         | 7  | 50 m Brust     | Hamburger Triathlon Verband | 585 | 2010 |
| Harcenko   | Robert         | 9  | 100 m Freistil | Hamburger Triathlon Verband | 532 | 2010 |
| Harcenko   | Robert         | 14 | 50 m Freistil  | Hamburger Triathlon Verband | 530 | 2010 |
| Heigelmann | Adrian         | 14 | 50 m Freistil  | Tri-Sport Lübeck            | 0   | 2009 |
| Heigelmann | Adrian         | 9  | 100 m Freistil | Tri-Sport Lübeck            | 0   | 2009 |
| Heigelmann | Adrian         | 3  | 400 m Freistil | Tri-Sport Lübeck            | 0   | 2009 |
| Heinemann  | Janek          | 7  | 50 m Brust     | TSV Bargteheide Tri         | 319 | 2012 |
| Heinemann  | Janek          | 9  | 100 m Freistil | TSV Bargteheide Tri         | 296 | 2012 |
| Heinemann  | Janek          | 14 | 50 m Freistil  | TSV Bargteheide Tri         | 291 | 2012 |
| Heinemann  | Mathilde       | 4  | 100 m Lagen    | TSV Bargteheide Tri         | 287 | 2010 |
| Heinemann  | Mathilde       | 6  | 50 m Brust     | TSV Bargteheide Tri         | 273 | 2010 |
| Heinemann  | Mathilde       | 15 | 50 m Rücken    | TSV Bargteheide Tri         | 251 | 2010 |
| Heinrich   | Diana Viktoria | 6  | 50 m Brust     | VfL Oldesloe                | 136 | 2016 |
| Heinrich   | Diana Viktoria | 15 | 50 m Rücken    | VfL Oldesloe                | 121 | 2016 |
| Heinrich   | Diana Viktoria | 13 | 50 m Freistil  | VfL Oldesloe                | 95  | 2016 |
| Heyn       | Matthias       | 7  | 50 m Brust     | Ratzeburger SV - Triathlon  | 316 | 1963 |
| Heyn       | Matthias       | 5  | 100 m Lagen    | Ratzeburger SV - Triathlon  | 224 | 1963 |
| Hinsch     | Jesse          | 9  | 100 m Freistil | Hamburger Triathlon Verband | 631 | 2008 |
| Hinsch     | Jesse          | 14 | 50 m Freistil  | Hamburger Triathlon Verband | 585 | 2008 |
| Hinsch     | Jesse          | 7  | 50 m Brust     | Hamburger Triathlon Verband | 564 | 2008 |
| Hinsch     | Mirja          | 17 | 800 m Freistil | Hamburger Triathlon Verband | 501 | 2010 |
| Hinsch     | Mirja          | 4  | 100 m Lagen    | Hamburger Triathlon Verband | 492 | 2010 |
| Hinsch     | Mirja          | 13 | 50 m Freistil  | Hamburger Triathlon Verband | 483 | 2010 |
| Hoffmann   | Aili Marie     | 13 | 50 m Freistil  | TSV Bargteheide Tri         | 456 | 2009 |
| Hoffmann   | Aili Marie     | 6  | 50 m Brust     | TSV Bargteheide Tri         | 412 | 2009 |

|            |                          |    |                    |                             |     |      |
|------------|--------------------------|----|--------------------|-----------------------------|-----|------|
| Hoffmann   | Aili Marie               | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 407 | 2009 |
| Höhl       | Linea                    | 6  | 50 m Brust         | Hamburger Triathlon Verband | 182 | 2016 |
| Höhl       | Linea                    | 4  | 100 m Lagen        | Hamburger Triathlon Verband | 147 | 2016 |
| Höhl       | Linea                    | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 76  | 2016 |
| Hopf       | Levi Elia                | 14 | 50 m Freistil      | TriAs Flensburg e.V.        | 255 | 2010 |
| Hopf       | Mathilda Catalina Sophie | 6  | 50 m Brust         | TriAs Flensburg e.V.        | 191 | 2015 |
| Hopf       | Mathilda Catalina Sophie | 15 | 50 m Rücken        | TriAs Flensburg e.V.        | 149 | 2015 |
| Hopf       | Mathilda Catalina Sophie | 13 | 50 m Freistil      | TriAs Flensburg e.V.        | 116 | 2015 |
| Hoppe      | Anna                     | 4  | 100 m Lagen        | TSV Bargteheide Tri         | 378 | 2009 |
| Hoppe      | Anna                     | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 358 | 2009 |
| Hoppe      | Anna                     | 17 | 800 m Freistil     | TSV Bargteheide Tri         | 354 | 2009 |
| Horn       | Tomke                    | 6  | 50 m Brust         | TriAs Flensburg e.V.        | 121 | 2016 |
| Horn       | Tomke                    | 15 | 50 m Rücken        | TriAs Flensburg e.V.        | 87  | 2016 |
| Horn       | Tomke                    | 13 | 50 m Freistil      | TriAs Flensburg e.V.        | 13  | 2016 |
| Hornig     | Joris                    | 7  | 50 m Brust         | Hamburger Triathlon Verband | 370 | 2009 |
| Hornig     | Joris                    | 18 | 800 m Freistil     | Hamburger Triathlon Verband | 267 | 2009 |
| Hornig     | Joris                    | 9  | 100 m Freistil     | Hamburger Triathlon Verband | 265 | 2009 |
| Höxtermann | Marie                    | 6  | 50 m Brust         | VfL Oldesloe                | 276 | 2013 |
| Höxtermann | Marie                    | 15 | 50 m Rücken        | VfL Oldesloe                | 180 | 2013 |
| Höxtermann | Marie                    | 13 | 50 m Freistil      | VfL Oldesloe                | 141 | 2013 |
| Hülsemann  | Jaak                     | 7  | 50 m Brust         | Hamburger Triathlon Verband | 138 | 2015 |
| Hülsemann  | Jaak                     | 16 | 50 m Rücken        | Hamburger Triathlon Verband | 99  | 2015 |
| Hülsemann  | Jaak                     | 9  | 100 m Freistil     | Hamburger Triathlon Verband | 44  | 2015 |
| Jacobsen   | Fenris                   | 7  | 50 m Brust         | VfL Oldesloe                | 201 | 2012 |
| Jacobsen   | Fenris                   | 14 | 50 m Freistil      | VfL Oldesloe                | 199 | 2012 |
| Jacobsen   | Fenris                   | 3  | 400 m Freistil     | VfL Oldesloe                | 186 | 2012 |
| Jäger      | Tim                      | 9  | 100 m Freistil     | Ratzeburger SV - Triathlon  | 343 | 1989 |
| Jäger      | Tim                      | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 331 | 1989 |
| Jäger      | Tim                      | 11 | 50 m Schmetterling | Ratzeburger SV - Triathlon  | 321 | 1989 |
| Janßen     | Jarne                    | 7  | 50 m Brust         | Hamburger Triathlon Verband | 240 | 2013 |
| Janßen     | Jarne                    | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 182 | 2013 |
| Janßen     | Jarne                    | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 117 | 2013 |
| Jensen     | Ramona                   | 6  | 50 m Brust         | SV Neptun Kiel              | 382 | 1985 |
| Jensen     | Ramona                   | 15 | 50 m Rücken        | SV Neptun Kiel              | 301 | 1985 |
| Jensen     | Ramona                   | 13 | 50 m Freistil      | SV Neptun Kiel              | 267 | 1985 |
| Jeske      | Ylva Malin               | 6  | 50 m Brust         | Hamburger Triathlon Verband | 124 | 2018 |
| Jeske      | Ylva Malin               | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 28  | 2018 |
| Jessen     | Katharina                | 6  | 50 m Brust         | Tri-Sport Lübeck            | 191 | 2015 |

|             |           |    |                |                             |     |      |
|-------------|-----------|----|----------------|-----------------------------|-----|------|
| Jessen      | Katharina | 15 | 50 m Rücken    | Tri-Sport Lübeck            | 167 | 2015 |
| Jessen      | Katharina | 13 | 50 m Freistil  | Tri-Sport Lübeck            | 138 | 2015 |
| Jessen      | Leo       | 16 | 50 m Rücken    | Tri-Sport Lübeck            | 326 | 2009 |
| Jessen      | Leo       | 3  | 400 m Freistil | Tri-Sport Lübeck            | 318 | 2009 |
| Jessen      | Leo       | 14 | 50 m Freistil  | Tri-Sport Lübeck            | 318 | 2009 |
| Joost       | Marit     | 17 | 800 m Freistil | TSV Bargteheide Tri         | 412 | 2007 |
| Jureczek    | Wolfgang  | 14 | 50 m Freistil  | SV Wiking Kiel              | 219 | 1955 |
| Kaufmann    | Claas     | 7  | 50 m Brust     | Hamburger Triathlon Verband | 153 | 2014 |
| Kaufmann    | Claas     | 14 | 50 m Freistil  | Hamburger Triathlon Verband | 114 | 2014 |
| Kaufmann    | Claas     | 9  | 100 m Freistil | Hamburger Triathlon Verband | 94  | 2014 |
| Kettwig     | Livia     | 13 | 50 m Freistil  | Kieler Turnverein           | 60  | 2016 |
| Kettwig     | Tido      | 14 | 50 m Freistil  | SV Neptun Kiel              | 94  | 1972 |
| Kirsch      | Mia       | 8  | 100 m Freistil | Hamburger Triathlon Verband | 0   | 2009 |
| Kirsch      | Mia       | 13 | 50 m Freistil  | Hamburger Triathlon Verband | 0   | 2009 |
| Kirsch      | Mia       | 17 | 800 m Freistil | Hamburger Triathlon Verband | 0   | 2009 |
| Klapper     | Theo      | 3  | 400 m Freistil | USC Kiel                    | 0   | 2008 |
| Kleissl     | Hannes    | 18 | 800 m Freistil | Tri-Sport Lübeck            | 134 | 2010 |
| Köck        | Henrik    | 9  | 100 m Freistil | TriAs Flensburg e.V.        | 327 | 1999 |
| Köck        | Henrik    | 5  | 100 m Lagen    | TriAs Flensburg e.V.        | 301 | 1999 |
| Köck        | Henrik    | 3  | 400 m Freistil | TriAs Flensburg e.V.        | 242 | 1999 |
| Könemann    | Jürgen    | 14 | 50 m Freistil  | SV Neptun Kiel              | 204 | 1968 |
| Könemann    | Jürgen    | 5  | 100 m Lagen    | SV Neptun Kiel              | 191 | 1968 |
| Krause      | Sara      | 6  | 50 m Brust     | SV Neptun Kiel              | 418 | 1979 |
| Krause      | Sara      | 13 | 50 m Freistil  | SV Neptun Kiel              | 346 | 1979 |
| Krause      | Sara      | 8  | 100 m Freistil | SV Neptun Kiel              | 330 | 1979 |
| Kreikemeier | Ulrike    | 13 | 50 m Freistil  | SV Neptun Kiel              | 195 | 1963 |
| Kretzschmar | Piet      | 16 | 50 m Rücken    | Hamburger Triathlon Verband | 174 | 2013 |
| Kretzschmar | Piet      | 7  | 50 m Brust     | Hamburger Triathlon Verband | 148 | 2013 |
| Kretzschmar | Piet      | 9  | 100 m Freistil | Hamburger Triathlon Verband | 108 | 2013 |
| Kristina    | Jessen    | 15 | 50 m Rücken    | Tri-Sport Lübeck            | 178 | 2015 |
| Kristina    | Jessen    | 13 | 50 m Freistil  | Tri-Sport Lübeck            | 150 | 2015 |
| Kristina    | Jessen    | 6  | 50 m Brust     | Tri-Sport Lübeck            | 148 | 2015 |
| Krüger      | Lina      | 15 | 50 m Rücken    | USC Kiel                    | 214 | 2014 |
| Krüger      | Lina      | 6  | 50 m Brust     | USC Kiel                    | 208 | 2014 |
| Krüger      | Lina      | 13 | 50 m Freistil  | USC Kiel                    | 150 | 2014 |
| Kruse       | Luise     | 6  | 50 m Brust     | Hamburger Triathlon Verband | 86  | 2017 |
| Kruse       | Luise     | 15 | 50 m Rücken    | Hamburger Triathlon Verband | 72  | 2017 |
| Kruse       | Luise     | 13 | 50 m Freistil  | Hamburger Triathlon Verband | 15  | 2017 |

|          |                   |    |                    |                                                |     |      |
|----------|-------------------|----|--------------------|------------------------------------------------|-----|------|
| Kruse    | Pauline           | 6  | 50 m Brust         | Hamburger Triathlon Verband                    | 141 | 2015 |
| Kruse    | Pauline           | 15 | 50 m Rücken        | Hamburger Triathlon Verband                    | 90  | 2015 |
| Kruse    | Pauline           | 13 | 50 m Freistil      | Hamburger Triathlon Verband                    | 38  | 2015 |
| Küstner  | Joey              | 14 | 50 m Freistil      | SV Neptun Kiel                                 | 499 | 1999 |
| Küstner  | Joey              | 11 | 50 m Schmetterling | SV Neptun Kiel                                 | 385 | 1999 |
| Küstner  | Joey              | 5  | 100 m Lagen        | SV Neptun Kiel                                 | 358 | 1999 |
| Last     | Anuuk             | 13 | 50 m Freistil      | Hamburger Triathlon Verband                    | 439 | 2012 |
| Last     | Anuuk             | 8  | 100 m Freistil     | Hamburger Triathlon Verband                    | 426 | 2012 |
| Last     | Anuuk             | 2  | 400 m Freistil     | Hamburger Triathlon Verband                    | 384 | 2012 |
| Lempio   | Hinnerk           | 7  | 50 m Brust         | Tri-Sport Lübeck                               | 176 | 2014 |
| Lempio   | Hinnerk           | 16 | 50 m Rücken        | Tri-Sport Lübeck                               | 136 | 2014 |
| Lempio   | Hinnerk           | 14 | 50 m Freistil      | Tri-Sport Lübeck                               | 99  | 2014 |
| Lempio   | Ida Kristin       | 8  | 100 m Freistil     | Tri-Sport Lübeck                               | 497 | 2012 |
| Lempio   | Ida Kristin       | 6  | 50 m Brust         | Tri-Sport Lübeck                               | 480 | 2012 |
| Lempio   | Ida Kristin       | 13 | 50 m Freistil      | Tri-Sport Lübeck                               | 473 | 2012 |
| Limberg  | Mathilda Eleonora | 2  | 400 m Freistil     | Hamburger Triathlon Verband                    | 0   | 2014 |
| Limberg  | Mathilda Eleonora | 10 | 50 m Schmetterling | Hamburger Triathlon Verband                    | 0   | 2014 |
| Limberg  | Mathilda Eleonora | 13 | 50 m Freistil      | Hamburger Triathlon Verband                    | 0   | 2014 |
| Lohneis  | Kajsa             | 6  | 50 m Brust         | Tri-Sport Lübeck                               | 0   | 2014 |
| Lohneis  | Kajsa             | 15 | 50 m Rücken        | Tri-Sport Lübeck                               | 0   | 2014 |
| Lohneis  | Kajsa             | 13 | 50 m Freistil      | Tri-Sport Lübeck                               | 0   | 2014 |
| Lorenzen | Felix             | 7  | 50 m Brust         | TSB Flensburg von 1865 e.V. Triathlonabteilung | 259 | 2013 |
| Lorenzen | Felix             | 16 | 50 m Rücken        | TSB Flensburg von 1865 e.V. Triathlonabteilung | 236 | 2013 |
| Lorenzen | Felix             | 14 | 50 m Freistil      | TSB Flensburg von 1865 e.V. Triathlonabteilung | 206 | 2013 |
| Lorenzen | Maren             | 6  | 50 m Brust         | USC Kiel                                       | 388 | 1984 |
| Lorenzen | Maren             | 4  | 100 m Lagen        | USC Kiel                                       | 325 | 1984 |
| Lorenzen | Maren             | 10 | 50 m Schmetterling | USC Kiel                                       | 258 | 1984 |
| Löwe     | Emil Luis         | 3  | 400 m Freistil     | Hamburger Triathlon Verband                    | 0   | 2011 |
| Löwe     | Emil Luis         | 9  | 100 m Freistil     | Hamburger Triathlon Verband                    | 0   | 2011 |
| Löwe     | Emil Luis         | 14 | 50 m Freistil      | Hamburger Triathlon Verband                    | 0   | 2011 |
| Lucks    | Silas             | 7  | 50 m Brust         | USC Kiel                                       | 642 | 1993 |
| Lucks    | Silas             | 16 | 50 m Rücken        | USC Kiel                                       | 563 | 1993 |
| Lütjens  | Leonie            | 6  | 50 m Brust         | USC Kiel                                       | 299 | 2008 |
| Lütjens  | Leonie            | 13 | 50 m Freistil      | USC Kiel                                       | 288 | 2008 |
| Lütjens  | Leonie            | 4  | 100 m Lagen        | USC Kiel                                       | 277 | 2008 |
| Lütjens  | Liam              | 7  | 50 m Brust         | USC Kiel                                       | 317 | 2008 |
| Lütjens  | Liam              | 14 | 50 m Freistil      | USC Kiel                                       | 255 | 2008 |
| Lütjens  | Liam              | 16 | 50 m Rücken        | USC Kiel                                       | 238 | 2008 |

|                 |          |    |                    |                             |     |      |
|-----------------|----------|----|--------------------|-----------------------------|-----|------|
| Magens          | Clara    | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 266 | 2010 |
| Magens          | Clara    | 4  | 100 m Lagen        | TSV Bargteheide Tri         | 231 | 2010 |
| Magens          | Clara    | 2  | 400 m Freistil     | TSV Bargteheide Tri         | 210 | 2010 |
| Magens          | Elva     | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 286 | 2013 |
| Magens          | Elva     | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 285 | 2013 |
| Magens          | Elva     | 6  | 50 m Brust         | TSV Bargteheide Tri         | 264 | 2013 |
| Mahnke          | Carola   | 4  | 100 m Lagen        | Ratzeburger SV - Triathlon  | 194 | 1978 |
| Mahnke          | Carola   | 10 | 50 m Schmetterling | Ratzeburger SV - Triathlon  | 187 | 1978 |
| Mandel          | Johann   | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 316 | 2007 |
| Mandel          | Johann   | 3  | 400 m Freistil     | Sport-Club Itzehoe          | 302 | 2007 |
| Mandel          | Johann   | 5  | 100 m Lagen        | Sport-Club Itzehoe          | 257 | 2007 |
| Mandel          | Rasmus   | 9  | 100 m Freistil     | Sport-Club Itzehoe          | 356 | 2008 |
| Mandel          | Rasmus   | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 342 | 2008 |
| Mandel          | Rasmus   | 5  | 100 m Lagen        | Sport-Club Itzehoe          | 298 | 2008 |
| Matthias        | Dahlmann | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 214 | 1970 |
| Matthias        | Dahlmann | 9  | 100 m Freistil     | Ratzeburger SV - Triathlon  | 188 | 1970 |
| Matthias        | Dahlmann | 3  | 400 m Freistil     | Ratzeburger SV - Triathlon  | 168 | 1970 |
| Mescheder       | Jelka    | 15 | 50 m Rücken        | USC Kiel                    | 0   | 2009 |
| Mescheder       | Jelka    | 8  | 100 m Freistil     | USC Kiel                    | 0   | 2009 |
| Mescheder       | Jelka    | 4  | 100 m Lagen        | USC Kiel                    | 0   | 2009 |
| Mescheder       | Jooke    | 7  | 50 m Brust         | USC Kiel                    | 294 | 2012 |
| Mescheder       | Jooke    | 5  | 100 m Lagen        | USC Kiel                    | 220 | 2012 |
| Mescheder       | Jooke    | 9  | 100 m Freistil     | USC Kiel                    | 169 | 2012 |
| Meyer-Glitza    | Johanna  | 6  | 50 m Brust         | Hamburger Triathlon Verband | 139 | 2016 |
| Meyer-Glitza    | Johanna  | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 53  | 2016 |
| Michalek        | Tim      | 14 | 50 m Freistil      | Tri-Sport Lübeck            | 287 | 2011 |
| Michalek        | Tim      | 3  | 400 m Freistil     | Tri-Sport Lübeck            | 260 | 2011 |
| Mick            | Hjørdis  | 17 | 800 m Freistil     | USC Kiel                    | 529 | 2000 |
| Mick            | Hjørdis  | 2  | 400 m Freistil     | USC Kiel                    | 521 | 2000 |
| Mick            | Hjørdis  | 8  | 100 m Freistil     | USC Kiel                    | 485 | 2000 |
| Miłosz-Schultze | Antoni   | 14 | 50 m Freistil      | VfL Oldesloe                | 235 | 2012 |
| Miłosz-Schultze | Antoni   | 16 | 50 m Rücken        | VfL Oldesloe                | 218 | 2012 |
| Miłosz-Schultze | Antoni   | 7  | 50 m Brust         | VfL Oldesloe                | 211 | 2012 |
| Mogylnyi        | Dmytro   | 7  | 50 m Brust         | SV Neptun Kiel              | 246 | 1985 |
| Mogylnyi        | Dmytro   | 14 | 50 m Freistil      | SV Neptun Kiel              | 223 | 1985 |
| Mogylnyi        | Dmytro   | 5  | 100 m Lagen        | SV Neptun Kiel              | 187 | 1985 |
| Möllenhoff      | Johann   | 16 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 185 | 2014 |
| Möllenhoff      | Johann   | 7  | 50 m Brust         | Ratzeburger SV - Triathlon  | 154 | 2014 |



|                   |             |    |                    |                             |     |      |
|-------------------|-------------|----|--------------------|-----------------------------|-----|------|
| Möllenhoff        | Johann      | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 149 | 2014 |
| Müller            | Oscar       | 7  | 50 m Brust         | Hamburger Triathlon Verband | 189 | 2014 |
| Müller            | Oscar       | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 129 | 2014 |
| Müller            | Oscar       | 9  | 100 m Freistil     | Hamburger Triathlon Verband | 117 | 2014 |
| Neumann           | Erik        | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 0   | 2011 |
| Neumann           | Erik        | 7  | 50 m Brust         | Hamburger Triathlon Verband | 0   | 2011 |
| Neumann           | Erik        | 9  | 100 m Freistil     | Hamburger Triathlon Verband | 0   | 2011 |
| Niemann           | Zoey        | 13 | 50 m Freistil      | Tri-Sport Lübeck            | 557 | 2009 |
| Niemann           | Zoey        | 8  | 100 m Freistil     | Tri-Sport Lübeck            | 542 | 2009 |
| Niemann           | Zoey        | 10 | 50 m Schmetterling | Tri-Sport Lübeck            | 506 | 2009 |
| Nikfarza          | Lale Olivia | 6  | 50 m Brust         | Hamburger Triathlon Verband | 118 | 2017 |
| Nikfarza          | Lale Olivia | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 32  | 2017 |
| Nordhaus          | Antje       | 10 | 50 m Schmetterling | Ratzeburger SV - Triathlon  | 182 | 1987 |
| Nordhaus          | Antje       | 2  | 400 m Freistil     | Ratzeburger SV - Triathlon  | 142 | 1987 |
| Nordhaus          | Antje       | 17 | 800 m Freistil     | Ratzeburger SV - Triathlon  | 129 | 1987 |
| Ortega von Fabeck | Lauren      | 6  | 50 m Brust         | Hamburger Triathlon Verband | 96  | 2015 |
| Ortega von Fabeck | Lauren      | 15 | 50 m Rücken        | Hamburger Triathlon Verband | 64  | 2015 |
| Ortega von Fabeck | Lauren      | 8  | 100 m Freistil     | Hamburger Triathlon Verband | 0   | 2015 |
| Otto              | Aaron Eliah | 16 | 50 m Rücken        | Sport-Club Itzehoe          | 208 | 2015 |
| Otto              | Aaron Eliah | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 187 | 2015 |
| Otto              | Aaron Eliah | 7  | 50 m Brust         | Sport-Club Itzehoe          | 170 | 2015 |
| Otto              | Jaden Noah  | 16 | 50 m Rücken        | Sport-Club Itzehoe          | 330 | 2013 |
| Otto              | Jaden Noah  | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 313 | 2013 |
| Otto              | Jaden Noah  | 3  | 400 m Freistil     | Sport-Club Itzehoe          | 259 | 2013 |
| Petermann         | Christopher | 11 | 50 m Schmetterling | Hamburger Triathlon Verband | 314 | 2008 |
| Petermann         | Christopher | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 306 | 2008 |
| Petermann         | Christopher | 5  | 100 m Lagen        | Hamburger Triathlon Verband | 289 | 2008 |
| Petermann         | Cornelius   | 16 | 50 m Rücken        | Hamburger Triathlon Verband | 247 | 2012 |
| Petermann         | Cornelius   | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 183 | 2012 |
| Petermann         | Cornelius   | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 0   | 2012 |
| Plaumann          | Martha      | 6  | 50 m Brust         | Hamburger Triathlon Verband | 427 | 2014 |
| Plaumann          | Martha      | 4  | 100 m Lagen        | Hamburger Triathlon Verband | 272 | 2014 |
| Plaumann          | Martha      | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 253 | 2014 |
| Praus             | Torben      | 16 | 50 m Rücken        | -                           | 592 | 1990 |
| Praus             | Torben      | 7  | 50 m Brust         | -                           | 533 | 1990 |
| Prigandt          | Jonna       | 6  | 50 m Brust         | Sport-Club Itzehoe          | 253 | 2013 |
| Prigandt          | Jonna       | 13 | 50 m Freistil      | Sport-Club Itzehoe          | 194 | 2013 |
| Prigandt          | Jonna       | 8  | 100 m Freistil     | Sport-Club Itzehoe          | 194 | 2013 |



|            |         |    |                    |                                                |     |      |
|------------|---------|----|--------------------|------------------------------------------------|-----|------|
| Prigandt   | Junis   | 7  | 50 m Brust         | Sport-Club Itzehoe                             | 287 | 2011 |
| Prigandt   | Junis   | 14 | 50 m Freistil      | Sport-Club Itzehoe                             | 261 | 2011 |
| Prigandt   | Junis   | 3  | 400 m Freistil     | Sport-Club Itzehoe                             | 206 | 2011 |
| Querfurth  | Pauline | 13 | 50 m Freistil      | SV Neptun Kiel                                 | 404 | 1998 |
| Querfurth  | Pauline | 10 | 50 m Schmetterling | SV Neptun Kiel                                 | 363 | 1998 |
| Querfurth  | Pauline | 17 | 800 m Freistil     | SV Neptun Kiel                                 | 223 | 1998 |
| Raeder     | Leon    | 3  | 400 m Freistil     | TSV Bargteheide Tri                            | 0   | 2005 |
| Raeder     | Leon    | 11 | 50 m Schmetterling | TSV Bargteheide Tri                            | 0   | 2005 |
| Raeder     | Leon    | 14 | 50 m Freistil      | TSV Bargteheide Tri                            | 0   | 2005 |
| RAEDER     | TORBEN  | 14 | 50 m Freistil      | TSV Bargteheide Tri                            | 363 | 2007 |
| RAEDER     | TORBEN  | 9  | 100 m Freistil     | TSV Bargteheide Tri                            | 356 | 2007 |
| RAEDER     | TORBEN  | 5  | 100 m Lagen        | TSV Bargteheide Tri                            | 314 | 2007 |
| Rahn       | Noah    | 3  | 400 m Freistil     | Hamburger Triathlon Verband                    | 0   | 2014 |
| Rahn       | Noah    | 14 | 50 m Freistil      | Hamburger Triathlon Verband                    | 0   | 2014 |
| Rahn       | Noah    | 7  | 50 m Brust         | Hamburger Triathlon Verband                    | 0   | 2014 |
| Rathke     | Oskar   | 16 | 50 m Rücken        | VfL Oldesloe                                   | 255 | 2011 |
| Rathke     | Oskar   | 14 | 50 m Freistil      | VfL Oldesloe                                   | 253 | 2011 |
| Rathke     | Oskar   | 7  | 50 m Brust         | VfL Oldesloe                                   | 242 | 2011 |
| Rau        | Emma    | 6  | 50 m Brust         | TriHaie Rethwisch                              | 157 | 2013 |
| Rau        | Emma    | 15 | 50 m Rücken        | TriHaie Rethwisch                              | 84  | 2013 |
| Rau        | Emma    | 13 | 50 m Freistil      | TriHaie Rethwisch                              | 39  | 2013 |
| Rehse      | Luisa   | 6  | 50 m Brust         | Sport-Club Itzehoe                             | 213 | 2014 |
| Rehse      | Luisa   | 13 | 50 m Freistil      | Sport-Club Itzehoe                             | 167 | 2014 |
| Rehse      | Luisa   | 8  | 100 m Freistil     | Sport-Club Itzehoe                             | 162 | 2014 |
| Reichel    | Amelie  | 15 | 50 m Rücken        | Sport-Club Itzehoe                             | 148 | 2014 |
| Reichel    | Amelie  | 6  | 50 m Brust         | Sport-Club Itzehoe                             | 125 | 2014 |
| Reichel    | Amelie  | 13 | 50 m Freistil      | Sport-Club Itzehoe                             | 41  | 2014 |
| Reichgardt | Lena    | 2  | 400 m Freistil     | Ratzeburger SV - Triathlon                     | 267 | 1989 |
| Reichgardt | Lena    | 4  | 100 m Lagen        | Ratzeburger SV - Triathlon                     | 260 | 1989 |
| Reichgardt | Lena    | 8  | 100 m Freistil     | Ratzeburger SV - Triathlon                     | 256 | 1989 |
| Reinke     | Leni    | 6  | 50 m Brust         | Sport-Club Itzehoe                             | 177 | 2016 |
| Reinke     | Leni    | 15 | 50 m Rücken        | Sport-Club Itzehoe                             | 136 | 2016 |
| Reinke     | Leni    | 13 | 50 m Freistil      | Sport-Club Itzehoe                             | 48  | 2016 |
| Reinke     | Linn    | 15 | 50 m Rücken        | Sport-Club Itzehoe                             | 219 | 2013 |
| Reinke     | Linn    | 4  | 100 m Lagen        | Sport-Club Itzehoe                             | 213 | 2013 |
| Reinke     | Linn    | 6  | 50 m Brust         | Sport-Club Itzehoe                             | 212 | 2013 |
| Renke      | Tjark   | 7  | 50 m Brust         | TSB Flensburg von 1865 e.V. Triathlonabteilung | 476 | 2008 |
| Renke      | Tjark   | 9  | 100 m Freistil     | TSB Flensburg von 1865 e.V. Triathlonabteilung | 334 | 2008 |

|               |                |    |                    |                            |     |      |
|---------------|----------------|----|--------------------|----------------------------|-----|------|
| Reuß          | Parker         | 7  | 50 m Brust         | TSV Bargteheide Tri        | 598 | 2008 |
| Reuß          | Parker         | 14 | 50 m Freistil      | TSV Bargteheide Tri        | 579 | 2008 |
| Reuß          | Parker         | 5  | 100 m Lagen        | TSV Bargteheide Tri        | 557 | 2008 |
| Rickert       | Vincent        | 11 | 50 m Schmetterling | Ratzeburger SV - Triathlon | 405 | 1995 |
| Rickert       | Vincent        | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon | 391 | 1995 |
| Rickert       | Vincent        | 9  | 100 m Freistil     | Ratzeburger SV - Triathlon | 380 | 1995 |
| Rieken        | Finn           | 7  | 50 m Brust         | Ratzeburger SV - Triathlon | 211 | 2014 |
| Rieken        | Finn           | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon | 174 | 2014 |
| Rieken        | Finn           | 16 | 50 m Rücken        | Ratzeburger SV - Triathlon | 161 | 2014 |
| Ripke         | Felix          | 7  | 50 m Brust         | Tri-Sport Lübeck           | 152 | 2015 |
| Ripke         | Felix          | 5  | 100 m Lagen        | Tri-Sport Lübeck           | 125 | 2015 |
| Ripke         | Felix          | 16 | 50 m Rücken        | Tri-Sport Lübeck           | 111 | 2015 |
| Rochow        | Mattis         | 16 | 50 m Rücken        | SG Stormarn Barsbüttel     | 121 | 2017 |
| Rochow        | Mattis         | 7  | 50 m Brust         | SG Stormarn Barsbüttel     | 110 | 2017 |
| Rochow        | Mattis         | 14 | 50 m Freistil      | SG Stormarn Barsbüttel     | 69  | 2017 |
| Rose          | Judith         | 6  | 50 m Brust         | Sport-Club Itzehoe         | 245 | 2007 |
| Rose          | Judith         | 15 | 50 m Rücken        | Sport-Club Itzehoe         | 194 | 2007 |
| Rose          | Judith         | 13 | 50 m Freistil      | Sport-Club Itzehoe         | 173 | 2007 |
| Rutz          | Bruno          | 5  | 100 m Lagen        | SG Lübeck                  | 0   | 2012 |
| Rutz          | Bruno          | 14 | 50 m Freistil      | SG Lübeck                  | 0   | 2012 |
| Rutz          | Bruno          | 16 | 50 m Rücken        | SG Lübeck                  | 0   | 2012 |
| Sandau        | Jacob          | 7  | 50 m Brust         | TriSport Holstein          | 268 | 2013 |
| Sandau        | Jacob          | 14 | 50 m Freistil      | TriSport Holstein          | 228 | 2013 |
| Sandau        | Jacob          | 3  | 400 m Freistil     | TriSport Holstein          | 224 | 2013 |
| Sandau        | Sofie          | 6  | 50 m Brust         | TriSport Holstein          | 445 | 2011 |
| Sandau        | Sofie          | 13 | 50 m Freistil      | TriSport Holstein          | 441 | 2011 |
| Sandau        | Sofie          | 2  | 400 m Freistil     | TriSport Holstein          | 414 | 2011 |
| Säring        | Tarja          | 6  | 50 m Brust         | VfL Oldesloe               | 382 | 2012 |
| Säring        | Tarja          | 15 | 50 m Rücken        | VfL Oldesloe               | 380 | 2012 |
| Säring        | Tarja          | 2  | 400 m Freistil     | VfL Oldesloe               | 304 | 2012 |
| Sauer         | Jarne          | 3  | 400 m Freistil     | SG Athletico Büdelsdorf    | 0   | 2011 |
| Sauer         | Jarne          | 5  | 100 m Lagen        | SG Athletico Büdelsdorf    | 0   | 2011 |
| Sauer         | Jarne          | 7  | 50 m Brust         | SG Athletico Büdelsdorf    | 0   | 2011 |
| Schlauderbach | Tobias         | 18 | 800 m Freistil     | USC Kiel                   | 361 | 1988 |
| Schlauderbach | Tobias         | 3  | 400 m Freistil     | USC Kiel                   | 0   | 1988 |
| Schmitt       | Juliane Hazuki | 6  | 50 m Brust         | Sport-Club Itzehoe         | 271 | 2013 |
| Schmitt       | Juliane Hazuki | 15 | 50 m Rücken        | Sport-Club Itzehoe         | 228 | 2013 |
| Schmitt       | Juliane Hazuki | 13 | 50 m Freistil      | Sport-Club Itzehoe         | 200 | 2013 |

|            |               |    |                |                             |     |      |
|------------|---------------|----|----------------|-----------------------------|-----|------|
| Schmücking | Christina     | 6  | 50 m Brust     | DLRG Kiel e. V.             | 467 | 2000 |
| Schmücking | Christina     | 15 | 50 m Rücken    | DLRG Kiel e. V.             | 420 | 2000 |
| Schmücking | Christina     | 13 | 50 m Freistil  | DLRG Kiel e. V.             | 410 | 2000 |
| Schnelle   | Benjamin      | 14 | 50 m Freistil  | Hamburger Triathlon Verband | 431 | 2010 |
| Schnelle   | Benjamin      | 18 | 800 m Freistil | Hamburger Triathlon Verband | 417 | 2010 |
| Schnelle   | Benjamin      | 9  | 100 m Freistil | Hamburger Triathlon Verband | 412 | 2010 |
| Schoof     | Rasmus Ole    | 7  | 50 m Brust     | Sport-Club Itzehoe          | 0   | 2010 |
| Schoof     | Rasmus Ole    | 16 | 50 m Rücken    | Sport-Club Itzehoe          | 0   | 2010 |
| Schoof     | Rasmus Ole    | 18 | 800 m Freistil | Sport-Club Itzehoe          | 0   | 2010 |
| Schoof     | Sverre Petter | 7  | 50 m Brust     | Sport-Club Itzehoe          | 293 | 2013 |
| Schoof     | Sverre Petter | 16 | 50 m Rücken    | Sport-Club Itzehoe          | 222 | 2013 |
| Schoof     | Sverre Petter | 3  | 400 m Freistil | Sport-Club Itzehoe          | 217 | 2013 |
| Schrapers  | Arnold        | 7  | 50 m Brust     | TSV Bargteheide Tri         | 125 | 2016 |
| Schrapers  | Arnold        | 16 | 50 m Rücken    | TSV Bargteheide Tri         | 110 | 2016 |
| Schrapers  | Arnold        | 14 | 50 m Freistil  | TSV Bargteheide Tri         | 49  | 2016 |
| Schreiber  | Rabia         | 15 | 50 m Rücken    | SV Neptun Kiel              | 341 | 1987 |
| Schreiber  | Rabia         | 13 | 50 m Freistil  | SV Neptun Kiel              | 280 | 1987 |
| Schröder   | Björn         | 3  | 400 m Freistil | SG Stormarn Barsbüttel      | 221 | 1981 |
| Schröder   | Jannis        | 16 | 50 m Rücken    | SG Stormarn Barsbüttel      | 138 | 2017 |
| Schröder   | Jannis        | 7  | 50 m Brust     | SG Stormarn Barsbüttel      | 129 | 2017 |
| Schröder   | Jannis        | 14 | 50 m Freistil  | SG Stormarn Barsbüttel      | 86  | 2017 |
| Schröder   | Lena          | 15 | 50 m Rücken    | SG Stormarn Barsbüttel      | 378 | 2014 |
| Schröder   | Lena          | 6  | 50 m Brust     | SG Stormarn Barsbüttel      | 310 | 2014 |
| Schröder   | Lena          | 13 | 50 m Freistil  | SG Stormarn Barsbüttel      | 295 | 2014 |
| Schröder   | Marit         | 6  | 50 m Brust     | SG Stormarn Barsbüttel      | 377 | 1984 |
| Schröder   | Marit         | 2  | 400 m Freistil | SG Stormarn Barsbüttel      | 269 | 1984 |
| Schulze    | Lara          | 6  | 50 m Brust     | VfL Oldesloe                | 227 | 2015 |
| Schulze    | Lara          | 15 | 50 m Rücken    | VfL Oldesloe                | 186 | 2015 |
| Schulze    | Lara          | 13 | 50 m Freistil  | VfL Oldesloe                | 162 | 2015 |
| Schwarz    | Bette         | 15 | 50 m Rücken    | TSV Bargteheide Tri         | 542 | 2008 |
| Schwarz    | Bette         | 13 | 50 m Freistil  | TSV Bargteheide Tri         | 522 | 2008 |
| Schwarz    | Bette         | 17 | 800 m Freistil | TSV Bargteheide Tri         | 510 | 2008 |
| Schwarze   | Heike         | 13 | 50 m Freistil  | SV Neptun Kiel              | 181 | 1969 |
| Schwarze   | Heike         | 17 | 800 m Freistil | SV Neptun Kiel              | 141 | 1969 |
| Seiler     | Fenja         | 6  | 50 m Brust     | VfL Oldesloe                | 442 | 2010 |
| Seiler     | Fenja         | 13 | 50 m Freistil  | VfL Oldesloe                | 402 | 2010 |
| Seiler     | Fenja         | 15 | 50 m Rücken    | VfL Oldesloe                | 365 | 2010 |
| Seiler     | Fiete         | 7  | 50 m Brust     | VfL Oldesloe                | 227 | 2013 |

|              |               |    |                    |                             |     |      |
|--------------|---------------|----|--------------------|-----------------------------|-----|------|
| Seiler       | Fiete         | 14 | 50 m Freistil      | VfL Oldesloe                | 208 | 2013 |
| Seiler       | Fiete         | 3  | 400 m Freistil     | VfL Oldesloe                | 197 | 2013 |
| Seiler       | Frida         | 6  | 50 m Brust         | VfL Oldesloe                | 266 | 2015 |
| Seiler       | Frida         | 15 | 50 m Rücken        | VfL Oldesloe                | 230 | 2015 |
| Seiler       | Frida         | 13 | 50 m Freistil      | VfL Oldesloe                | 192 | 2015 |
| Siewert      | Tabatha Fenya | 13 | 50 m Freistil      | Sport-Club Itzehoe          | 0   | 2008 |
| Siewert      | Tabatha Fenya | 17 | 800 m Freistil     | Sport-Club Itzehoe          | 0   | 2008 |
| Sommer       | Tore          | 7  | 50 m Brust         | USC Kiel                    | 0   | 2015 |
| Sommer       | Tore          | 16 | 50 m Rücken        | USC Kiel                    | 0   | 2015 |
| Sommer       | Tore          | 14 | 50 m Freistil      | USC Kiel                    | 0   | 2015 |
| Sondermann   | Arve          | 7  | 50 m Brust         | USC Kiel                    | 99  | 2016 |
| Sondermann   | Arve          | 14 | 50 m Freistil      | USC Kiel                    | 0   | 2016 |
| Sondermann   | Arve          | 16 | 50 m Rücken        | USC Kiel                    | 0   | 2016 |
| Sondermann   | Joona         | 7  | 50 m Brust         | USC Kiel                    | 142 | 2013 |
| Sondermann   | Joona         | 16 | 50 m Rücken        | USC Kiel                    | 118 | 2013 |
| Sondermann   | Joona         | 14 | 50 m Freistil      | USC Kiel                    | 112 | 2013 |
| Sonnenberger | Felix         | 14 | 50 m Freistil      | Tri-Sport Lübeck            | 244 | 2012 |
| Sonnenberger | Felix         | 16 | 50 m Rücken        | Tri-Sport Lübeck            | 232 | 2012 |
| Sonnenberger | Felix         | 3  | 400 m Freistil     | Tri-Sport Lübeck            | 225 | 2012 |
| Sonnenberger | Jon           | 16 | 50 m Rücken        | Tri-Sport Lübeck            | 178 | 2016 |
| Sonnenberger | Jon           | 7  | 50 m Brust         | Tri-Sport Lübeck            | 161 | 2016 |
| Sonnenberger | Jon           | 14 | 50 m Freistil      | Tri-Sport Lübeck            | 117 | 2016 |
| Sonnenberger | Lin           | 15 | 50 m Rücken        | Tri-Sport Lübeck            | 433 | 2012 |
| Sonnenberger | Lin           | 10 | 50 m Schmetterling | Tri-Sport Lübeck            | 359 | 2012 |
| Sonnenberger | Lin           | 13 | 50 m Freistil      | Tri-Sport Lübeck            | 354 | 2012 |
| Sonnenberger | Stine         | 6  | 50 m Brust         | Tri-Sport Lübeck            | 282 | 2015 |
| Sonnenberger | Stine         | 15 | 50 m Rücken        | Tri-Sport Lübeck            | 227 | 2015 |
| Sonnenberger | Stine         | 13 | 50 m Freistil      | Tri-Sport Lübeck            | 178 | 2015 |
| Splittgerber | Moritz        | 7  | 50 m Brust         | Hamburger Triathlon Verband | 116 | 2015 |
| Splittgerber | Moritz        | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 59  | 2015 |
| Stemmer      | Bente         | 6  | 50 m Brust         | TSV Bargteheide Tri         | 306 | 2011 |
| Stemmer      | Bente         | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 278 | 2011 |
| Stemmer      | Bente         | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 229 | 2011 |
| Stoffels     | Hanna         | 6  | 50 m Brust         | SV Neptun Kiel              | 0   | 1986 |
| Strehlau     | Ida           | 6  | 50 m Brust         | Hamburger Triathlon Verband | 315 | 2013 |
| Strehlau     | Ida           | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 269 | 2013 |
| Strehlau     | Ida           | 2  | 400 m Freistil     | Hamburger Triathlon Verband | 265 | 2013 |
| Strehlau     | Nike          | 15 | 50 m Rücken        | Hamburger Triathlon Verband | 199 | 2015 |

|          |          |    |                    |                             |     |      |
|----------|----------|----|--------------------|-----------------------------|-----|------|
| Strehlau | Nike     | 13 | 50 m Freistil      | Hamburger Triathlon Verband | 131 | 2015 |
| Strehlau | Nike     | 8  | 100 m Freistil     | Hamburger Triathlon Verband | 109 | 2015 |
| Strigl   | Mathilda | 6  | 50 m Brust         | TriHaie Rethwisch           | 236 | 2012 |
| Strigl   | Mathilda | 15 | 50 m Rücken        | TriHaie Rethwisch           | 134 | 2012 |
| Strigl   | Mathilda | 13 | 50 m Freistil      | TriHaie Rethwisch           | 89  | 2012 |
| Süßmann  | Frederic | 3  | 400 m Freistil     | Sport-Club Itzehoe          | 0   | 1992 |
| Süßmann  | Frederic | 18 | 800 m Freistil     | Sport-Club Itzehoe          | 0   | 1992 |
| Süßmann  | Frederic | 14 | 50 m Freistil      | Sport-Club Itzehoe          | 0   | 1992 |
| Tathoff  | Imke     | 17 | 800 m Freistil     | FC St. Pauli Triathlon      | 0   | 2006 |
| Taube    | Carlotta | 15 | 50 m Rücken        | Tri-Sport Lübeck            | 459 | 2007 |
| Taube    | Carlotta | 4  | 100 m Lagen        | Tri-Sport Lübeck            | 430 | 2007 |
| Taube    | Carlotta | 6  | 50 m Brust         | Tri-Sport Lübeck            | 374 | 2007 |
| Teegen   | Sven     | 11 | 50 m Schmetterling | SV Wiking Kiel              | 514 | 1980 |
| Teegen   | Sven     | 14 | 50 m Freistil      | SV Wiking Kiel              | 483 | 1980 |
| Teegen   | Sven     | 3  | 400 m Freistil     | SV Wiking Kiel              | 465 | 1980 |
| Teupke   | Britta   | 6  | 50 m Brust         | SV Neptun Kiel              | 371 | 1972 |
| Teupke   | Britta   | 4  | 100 m Lagen        | SV Neptun Kiel              | 260 | 1972 |
| Teupke   | Britta   | 8  | 100 m Freistil     | SV Neptun Kiel              | 160 | 1972 |
| Thiem    | Jandirk  | 7  | 50 m Brust         | Ratzeburger SV - Triathlon  | 432 | 1981 |
| Thiem    | Jandirk  | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon  | 405 | 1981 |
| Thiem    | Jandirk  | 3  | 400 m Freistil     | Ratzeburger SV - Triathlon  | 298 | 1981 |
| Thiem    | Jonas    | 3  | 400 m Freistil     | Ratzeburger SV - Triathlon  | 322 | 2013 |
| Thiem    | Jonas    | 7  | 50 m Brust         | Ratzeburger SV - Triathlon  | 303 | 2013 |
| Thiem    | Jonas    | 16 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 303 | 2013 |
| Thiem    | Lena     | 15 | 50 m Rücken        | Ratzeburger SV - Triathlon  | 223 | 2016 |
| Thiem    | Lena     | 4  | 100 m Lagen        | Ratzeburger SV - Triathlon  | 211 | 2016 |
| Thiem    | Lena     | 6  | 50 m Brust         | Ratzeburger SV - Triathlon  | 187 | 2016 |
| Thiesen  | Clara    | 6  | 50 m Brust         | TSV Bargteheide Tri         | 205 | 2015 |
| Thiesen  | Clara    | 15 | 50 m Rücken        | TSV Bargteheide Tri         | 96  | 2015 |
| Thiesen  | Clara    | 13 | 50 m Freistil      | TSV Bargteheide Tri         | 81  | 2015 |
| Thoms    | Lily     | 13 | 50 m Freistil      | TriAs Flensburg e.V.        | 249 | 2014 |
| Thoms    | Lily     | 8  | 100 m Freistil     | TriAs Flensburg e.V.        | 244 | 2014 |
| Thoms    | Lily     | 2  | 400 m Freistil     | TriAs Flensburg e.V.        | 174 | 2014 |
| Thran    | Nio      | 14 | 50 m Freistil      | Hamburger Triathlon Verband | 330 | 2010 |
| Thran    | Nio      | 3  | 400 m Freistil     | Hamburger Triathlon Verband | 224 | 2010 |
| Thran    | Nio      | 18 | 800 m Freistil     | Hamburger Triathlon Verband | 211 | 2010 |
| Trimborn | Mathilda | 6  | 50 m Brust         | TriAs Flensburg e.V.        | 143 | 2017 |
| Trimborn | Mathilda | 15 | 50 m Rücken        | TriAs Flensburg e.V.        | 141 | 2017 |

|                   |          |    |                |                                  |     |      |
|-------------------|----------|----|----------------|----------------------------------|-----|------|
| Trimborn          | Mathilda | 13 | 50 m Freistil  | TriAs Flensburg e.V.             | 60  | 2017 |
| Uceda Omelanowsky | Sofia    | 6  | 50 m Brust     | TriAs Flensburg e.V.             | 147 | 2018 |
| Uceda Omelanowsky | Sofia    | 15 | 50 m Rücken    | TriAs Flensburg e.V.             | 134 | 2018 |
| Ungewitter        | Jette    | 13 | 50 m Freistil  | TSV Bargteheide Tri              | 421 | 2010 |
| Ungewitter        | Jette    | 15 | 50 m Rücken    | TSV Bargteheide Tri              | 415 | 2010 |
| Ungewitter        | Jette    | 6  | 50 m Brust     | TSV Bargteheide Tri              | 399 | 2010 |
| Valenko           | Andrii   | 7  | 50 m Brust     | Triabolos Hamburg                | 95  | 2017 |
| Valenko           | Nikita   | 7  | 50 m Brust     | Triabolos Hamburg                | 183 | 2012 |
| Valenko           | Nikita   | 14 | 50 m Freistil  | Triabolos Hamburg                | 176 | 2012 |
| Valenko           | Nikita   | 9  | 100 m Freistil | Triabolos Hamburg                | 124 | 2012 |
| von Gehlen        | Moritz   | 7  | 50 m Brust     | Hamburger Triathlon Verband      | 116 | 2014 |
| von Gehlen        | Moritz   | 16 | 50 m Rücken    | Hamburger Triathlon Verband      | 100 | 2014 |
| von Gehlen        | Moritz   | 14 | 50 m Freistil  | Hamburger Triathlon Verband      | 73  | 2014 |
| von Gehlen        | Paul     | 7  | 50 m Brust     | Hamburger Triathlon Verband      | 312 | 2011 |
| von Gehlen        | Paul     | 5  | 100 m Lagen    | Hamburger Triathlon Verband      | 241 | 2011 |
| von Gehlen        | Paul     | 9  | 100 m Freistil | Hamburger Triathlon Verband      | 210 | 2011 |
| von Wintzingerode | Elena    | 17 | 800 m Freistil | Hamburger Triathlon Verband      | 341 | 2010 |
| von Wintzingerode | Elena    | 2  | 400 m Freistil | Hamburger Triathlon Verband      | 340 | 2010 |
| von Wintzingerode | Elena    | 8  | 100 m Freistil | Hamburger Triathlon Verband      | 329 | 2010 |
| von Wintzingerode | Florian  | 7  | 50 m Brust     | Hamburger Triathlon Verband      | 193 | 2012 |
| von Wintzingerode | Florian  | 14 | 50 m Freistil  | Hamburger Triathlon Verband      | 178 | 2012 |
| von Wintzingerode | Florian  | 9  | 100 m Freistil | Hamburger Triathlon Verband      | 144 | 2012 |
| Wächtler          | Clara    | 6  | 50 m Brust     | Tri-Sport Lübeck                 | 259 | 2013 |
| Wächtler          | Clara    | 15 | 50 m Rücken    | Tri-Sport Lübeck                 | 194 | 2013 |
| Wächtler          | Clara    | 13 | 50 m Freistil  | Tri-Sport Lübeck                 | 88  | 2013 |
| Walk              | Emma     | 6  | 50 m Brust     | Hamburger Triathlon Verband      | 243 | 2015 |
| Walk              | Emma     | 13 | 50 m Freistil  | Hamburger Triathlon Verband      | 165 | 2015 |
| Walk              | Emma     | 4  | 100 m Lagen    | Hamburger Triathlon Verband      | 0   | 2015 |
| Walter            | Jannik   | 14 | 50 m Freistil  | SG Wasserratten Norderstedt e.V. | 294 | 2010 |
| Walter            | Jannik   | 9  | 100 m Freistil | SG Wasserratten Norderstedt e.V. | 249 | 2010 |
| Wandmacher        | Mark     | 18 | 800 m Freistil | Hamburger Triathlon Verband      | 714 | 2007 |
| Wandmacher        | Mark     | 3  | 400 m Freistil | Hamburger Triathlon Verband      | 652 | 2007 |
| Wandmacher        | Mark     | 14 | 50 m Freistil  | Hamburger Triathlon Verband      | 548 | 2007 |
| Wegener           | Jella    | 6  | 50 m Brust     | Sport-Club Itzehoe               | 102 | 2018 |
| Wegener           | Jella    | 15 | 50 m Rücken    | Sport-Club Itzehoe               | 86  | 2018 |
| Wegener           | Jella    | 13 | 50 m Freistil  | Sport-Club Itzehoe               | 26  | 2018 |
| Wegener           | Mina     | 6  | 50 m Brust     | Sport-Club Itzehoe               | 111 | 2018 |
| Wegener           | Mina     | 15 | 50 m Rücken    | Sport-Club Itzehoe               | 75  | 2018 |

|           |           |    |                    |                                  |     |      |
|-----------|-----------|----|--------------------|----------------------------------|-----|------|
| Wegener   | Mina      | 13 | 50 m Freistil      | Sport-Club Itzehoe               | 24  | 2018 |
| Weißwange | Roland    | 14 | 50 m Freistil      | USC Kiel                         | 333 | 1962 |
| Weißwange | Roland    | 11 | 50 m Schmetterling | USC Kiel                         | 313 | 1962 |
| Weißwange | Roland    | 16 | 50 m Rücken        | USC Kiel                         | 275 | 1962 |
| Werft     | Klaas     | 7  | 50 m Brust         | Sport-Club Itzehoe               | 0   | 2012 |
| Werft     | Klaas     | 14 | 50 m Freistil      | Sport-Club Itzehoe               | 0   | 2012 |
| Werft     | Klaas     | 9  | 100 m Freistil     | Sport-Club Itzehoe               | 0   | 2012 |
| Werft     | Lina      | 6  | 50 m Brust         | Sport-Club Itzehoe               | 0   | 2013 |
| Werft     | Lina      | 13 | 50 m Freistil      | Sport-Club Itzehoe               | 0   | 2013 |
| Werft     | Lina      | 8  | 100 m Freistil     | Sport-Club Itzehoe               | 0   | 2013 |
| Wibbeke   | Theresa   | 13 | 50 m Freistil      | Hamburger Triathlon Verband      | 616 | 2009 |
| Wibbeke   | Theresa   | 10 | 50 m Schmetterling | Hamburger Triathlon Verband      | 603 | 2009 |
| Wibbeke   | Theresa   | 17 | 800 m Freistil     | Hamburger Triathlon Verband      | 536 | 2009 |
| Wilken    | Jonas     | 3  | 400 m Freistil     | SG Wasserratten Norderstedt e.V. | 0   | 2013 |
| Wilken    | Jonas     | 9  | 100 m Freistil     | SG Wasserratten Norderstedt e.V. | 0   | 2013 |
| Windeck   | Lotta     | 15 | 50 m Rücken        | SG Stormarn Barsbüttel           | 161 | 2019 |
| Windeck   | Lotta     | 6  | 50 m Brust         | SG Stormarn Barsbüttel           | 144 | 2019 |
| Windeck   | Lotta     | 13 | 50 m Freistil      | SG Stormarn Barsbüttel           | 86  | 2019 |
| Windeck   | Lukas     | 16 | 50 m Rücken        | SG Stormarn Barsbüttel           | 191 | 2017 |
| Windeck   | Lukas     | 7  | 50 m Brust         | SG Stormarn Barsbüttel           | 154 | 2017 |
| Windeck   | Lukas     | 14 | 50 m Freistil      | SG Stormarn Barsbüttel           | 134 | 2017 |
| Zeidler   | Katharina | 15 | 50 m Rücken        | Buxtehuder SV                    | 627 | 1995 |
| Zeidler   | Katharina | 13 | 50 m Freistil      | Buxtehuder SV                    | 617 | 1995 |
| Zeidler   | Katharina | 8  | 100 m Freistil     | Buxtehuder SV                    | 605 | 1995 |
| Zierke    | Justus    | 7  | 50 m Brust         | Ratzeburger SV - Triathlon       | 162 | 2016 |
| Zierke    | Justus    | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon       | 107 | 2016 |
| Zierke    | Markus    | 14 | 50 m Freistil      | Ratzeburger SV - Triathlon       | 304 | 1975 |
| Zierke    | Markus    | 3  | 400 m Freistil     | Ratzeburger SV - Triathlon       | 99  | 1975 |
| Zierke    | Nika      | 6  | 50 m Brust         | Ratzeburger SV - Triathlon       | 262 | 2014 |
| Zierke    | Nika      | 13 | 50 m Freistil      | Ratzeburger SV - Triathlon       | 205 | 2014 |
| Zoder     | Julius    | 18 | 800 m Freistil     | USC Kiel                         | 418 | 2000 |
| Zoder     | Julius    | 14 | 50 m Freistil      | USC Kiel                         | 391 | 2000 |
| Zoder     | Julius    | 7  | 50 m Brust         | USC Kiel                         | 386 | 2000 |