

# Gymnastics Masters Team World Cup

## German Women's Team

Dekade	Name
30-40	Rebecca Abel
	Karen Hoffmann
40-50	Mareike Fleischer
	Silvie Wentzell
50-60	Melanie Lienemann-Günther
	Maike Salewski-Krischok
60-70	Ursula Willwohl
	Marion Hoch
70+	Elisabeth Zeier
	Monika Kretschmar
WildCard	Bente Grams
	Katja Gerhardt
Spare	Kerstin Pfirrmann Christine Keller Stefanie Sandler Kathrin Ziepel Tanja Hütten



**Rebecca Abel** \* 16 dec 1993



### How it all began

How could it be otherwise when parents meet at apparatus gymnastics? Rebecca was born with a passion for gymnastics and took part in her first competition at the age of 5 years. Coming from a club in Simmerath with an amateur sports orientation, Rebecca always strived for "more", enjoyed very good training conditions during her sports studies and was thus able to pursue her love of competitive sport at various levels. For example, she successfully competed in the Deutschland-Cup, the German University Championships and the German Mehrkampf-Championships. Rebecca currently trains at TV Konzen and competes in the RTB league. Her favourite apparatus has always been the uneven bars.

### Special features

- In 2018, Rebecca had to take a forced break due to a cruciate ligament injury, but was able to successfully find her way back into competitive sport - today Rebecca is researching in the field of "Prehabilitation in cruciate ligament injuries" at the German Sport University Cologne.
- Special elements on the balance beam: Walkover bwd with stoop through of one leg to cross split sit; from side split – roll swd stretched legs; roll swd, body stretched
- Enthusiasm not only for gymnastics, but also for the Jahn 9-Kampf (gymnastics, athletics, swimming/water jumping)
- Tactics: cleanliness before difficulty



### Success

- Rheinische and German „Senioren“-champion in AK 30-34 (2023)
- German vice-champion Dt. Achtkampf (2012) and Jahn-9-Kampf (2015 & 2017)
- NRW-Mehrkampf-champion in Dt. Achtkampf (2011, 2012, 2014) and Jahn-9-Kampf (2015 & 2023)
- Deutschland-Cup: 4. place (2014)
- 10-timed regional champion (Turnverband Aachen)

### Profession

- Research assistant at the Institute for Movement Therapy (German Sport University Cologne)

### use on the apparatus at the competition (individual classification)



# Turnen DEUTSCHLAND Senioren



**Karen Hoffmann** \* 05.10.1988

## How it all began

My career began 1996 in acrobatic gymnastics until 2012. The best result: we were multiple German-vize-champions. After that I started being a national referee and also coaching kids. But I didn't want to stop doing sports by myself and I started doing gymnastics in 2012. Now I am still doing gymnastics in different competitions. I also coach 12 girls (12-18 y) 3 days a week and after that I work out for 2h on beam, bars, floor and vault.



## Profession

- Assistent in a neurology office

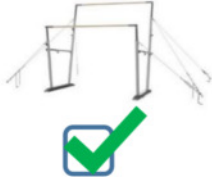
## Success

- multiple state champion
- 4 times participated at a German-Cup
- 2nd at German-senior - championships in 2018 and 2022
- 3rd at German-senior- championships in 2021
- 2nd at Team-German-senior- championships with team Saxony in 2018 and 2022
- 1st at German-senior-championship in 2023

## Special Features

- Gymnast since 2012
- Club: TV Markkleeberg von 1871 e.V./Saxony
- Favourite event: floor
- Favourite move: twists
- My strength: expressive routines on floor
- Volunteering:
  - coach at my club- agegroup 12y+
  - being a part of the committee in saxony in gymnastics

## use on the apparatus at the competition (individual classification)





# Turnen

## DEUTSCHLAND

### Senioren



**Mareike Fleischer \* 02.10.1981**

#### How it all began

I started with the sport in 1989 in the children's group at TG Scherlebeck. The transition to the competitive group and the first competitions took place quickly. The following years were characterised by competitions at district and state level and in the WTB league system, gymnastics festivals, and being a referee and coach. The change to SV Büttenberg in 2001 brought me not only a wonderful team structure, but also two excellent coaches (Fabio Gianfelici and Eiko Rümker), intensive training sessions and the opportunity to train at TZ Bochum. From then on titles at the Westphalian Championships, promotion to the top league (WTB) and multiple participation in the Germany Cup followed. Since 2013, I have been competing for VfL Kamen, where I feel welcome and trusted.

When I entered the seniors' field in 2011, I was already able to win several titles at the German Championships. Despite my advanced age, gymnastics still fascinates me with the variety of movements and the short-term flying.



#### Special features

Place of residence: Mülheim an der Ruhr  
 Club: VfL Kamen Training  
 Location: TZ Bochum  
 Favourite apparatus: parallel bars



#### Success

- 8x German Senior Champion
- 2nd place Germany Cup Senior Team (WTB), 2021
- Multiple Westphalia Champion (25x)
- WTB League with VfL Kamen

#### Profession

- TÜV NORD
- Administrative employee  
Controlling/Finances



use on the apparatus at the competition (individual classification)



# Turnen

# DEUTSCHLAND

## Senioren



**Silvie Wentzell** \* 4th December 1976



### How it all began

My rather unusual gymnastics career started in a classical way at a local club for children's gymnastics at the age of 5, but as I used to do multiple kinds of sports like track and field and horse-riding, my decision to specialize in gymnastics came pretty late, so that I did not compete on an elite level until the age of 17. At that time I was coached by Peter Diehl (also a former national team gymnast) and Gerd Peter at a local club in Siegen who enabled me to win several state championships and the German University Championships.

Even though I incredibly enjoyed this individual success, the team competitions are the ones I favour, for example, more than twenty years in the national league for teams like Eintracht Frankfurt, KTV Dortmund and SGK Bad Homburg, or also my participation in the French national league for the team Bordeaux – Merignac. I have been competing at the senior level since 2018. On the whole, gymnastics have had an enormous impact on my personality and my attitude towards life as there is no other kind of sport demanding both physical and mental strength to such an extent and – in addition to that- causing that much happiness.

### Special features

- Most difficult element: Front somersault on beam
- Favourite apparatus: balance beam
- Favourite elements: Front twists (floor); Gienger

### Profession

- Teacher for P.E and English



### Success

- Multiple participation national championships (Elite)
- 3 x German Champion (Seniors)
- Multiple German University Champion
- Multiple Start Champion (Elite & Seniors)
- More than 20 years national league (team)

### Use on the apparatus at the competition (individual classification)





# Turnen

## DEUTSCHLAND

### Senioren



**Bente Grams \* 24th July 1979**

#### How it all began

I started gymnastics in 1984 at the age of five at MTV Eckernförde (Schleswig-Holstein). Especially the floor absolutely fascinated me as a child. I loved to connect back walkover, flick-flacks and somersaults, which earned me the nickname "Flummi" in the gym.

At the age of 16, I tired gymnastics in the new Landesleistungszentrum in Kiel. After graduating from high school in 1998 and moving to Kiel, this became my main training venue, along with the university gym. During my teacher training studies, I regularly took part in the German University Championships.

In 2001, to my surprise, VTF Hamburg asked me if I wanted to join the team in the 2nd Bundesliga. So I did gymnastics for Hamburg for several years until Wedeler TSV recruited me for the same league. In the following years, I took part several times in international competitions such as the Hamburg Gymnastics and the Viborg Cup. In order to be able to train more extensively, I switched from my home club to TSV Kronshagen, for whom I competed in the 3rd Bundesliga and in the regional league until the birth of my second child in 2014. Since the birth of our twins in 2017, I have greatly reduced my training workload due to time constraints and concentrate on the seniors and the Landesliga. At the national senior competitions, I enjoy the relaxed and companionable atmosphere and am proud to be a member of this big gymnastics family.



#### Special features

- Favourite apparatus: uneven bars
- Favourite parts: free rim, dismount somersault half twist
- Most difficult part: somersault vw. Approach (balance beam)



#### Success

- 5 years 2. Bundesliga (2x Relegation 1. Bundesliga)
- Several years: 3rd Bundesliga and Regionalliga
- Two times German senior champion, several times vice champion
- German university champion (team), 1st place aDH Cup (individual)
- German all-around champion (team)
- Multiple Schleswig-Holstein state champion CdP, all-around, seniors

**Use on the apparatus at the competition (individual classification)**



# Turnen

## DEUTSCHLAND

### Senioren



**Melanie Lienemann-Günther**

**\* 25 July 1973**

#### How it all began

I started gymnastics at the age of 9 years. I learned the basics in my home area East Frisia, Lower Saxony at TG Wiesmoor. I admired the gymnasts of peers, especially Kim Faß, she was my idol and she soon became a National gymnast.

As 16-year-olds, Kim and me took over the training from her mother. When Kim left for her studies, I was responsible for the gymnastics of TG Wiesmoor as a coach, referee and organiser of a show group. Besides that, I was an active gymnast. For a short time, I had Hartlef Burman, a very qualified person, at my side who pushed me forward as gymnast and a coach. Thanks to him, I practiced the Tsukahara at the vaulting horse for the first time at the age of 27 and I tried the uneven bars with free/clear hip circles and downswing with salto.

Unfortunately, I got myself a knee injury the same year which forced me to pause, but not to give up. In 2004, I restarted with gymnastics in Baden-Württemberg. KTV Hohenhohe convinced me to join them in the upper league (Oberliga). Although I was a senior gymnast to that time, I had a great time and learned many elements like underswing (with feet) on LB to HB with counter, front support on HB – stoop with flight or free straddle fwd over HB and ½ turn (180°) to hang on HB, Hecht jump (legs together) with hand repulsion over LB to hang on HB, rear support on the HB, seat circle on bwd with release to hang on LB, free/clear hip circles or giant circles bwd.

In 2010, I moved to the very North of Germany, to Kiel.

Despite my injury, I have been participating at DSenM and DSenP for a few years. Yet, I am happy and glad to be able to do this wonderful sport and will go on as long as possible and never give up!



#### Special features

- I love apparatus: Vault, Uneven Bars
- My favorite elements:  
Uneven Bars: free/clear hip circle  
giant circle bwd, seat circle bwd with release to hang on LB  
Bank/gymn. bench: Switch Leap (Mount), tour jeté



#### Success

- 3rd German Senior Champion 2023
- 2nd German Senior Champion 2022
- Podium placement German Senior Team Champions Cup
- Teenager Championship in Lower saxony and Senior Championship (Hesse and Schleswig-Holstein)
- 3rd Senior World Masters Athletics Championships Pole vault (Lahti, Finland)

#### Profession

- State-certified swimming master for swimming pool companies
- Sports and gymnastics coach

#### Use on the apparatus at the competition (individual classification)





# Turnen DEUTSCHLAND Senioren



**Maike Salewski \* 20th July 1968**

## How it all began

As I already had an enormous urge to move as a child, my parents sent me to children's gymnastics at the age of 6. However, this was too boring for me. So I started my "real" gymnastics career in 1975 at SV Niederwörresbach near Idar-Oberstein.

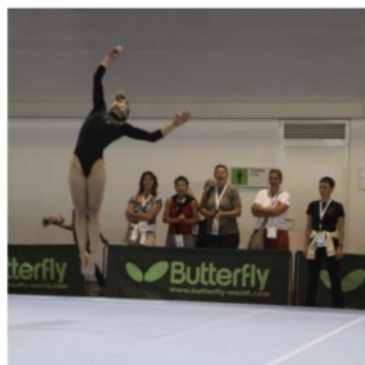
After I moved to Koblenz, I became a member of CTG Koblenz in 1976. Here I started with two training sessions a week, which soon increased to four training sessions plus weekend trainings. From 1977 to 1987 I was a member of the state squad of the Central Rhine Gymnastics Association. Until I graduated from high school, I took part in the Rhineland-Palatinate and South German championships almost every year and also qualified for the German championships a few times. I competed there for the last time in 1987 in the Olympic class.

This was followed by competitions at the former KuTi Cup and the German Student Championships and, from 2001 onwards, irregular participations at the German Senior Championships. Parallel to the individual competitions, I was also allowed to compete regularly in Rhineland-Palatinate teams (CTG Koblenz, SV Niederwörresbach, TSG Haßloch, TV Baumbach) and participated with these teams many times in the German Team Championships and in the 1st National League I won a total of 3 bronze medals with the team. From 1993 to 2007, I also worked as a coach at TV Jahn Wahn (near Cologne). In the meantime, I only fill in as a substitute at my current club, TV Weitersburg. In addition, I first acquired a referee's license in 1986, the from state license to the federal license, and from 1993 to 2016 I was also a brevet referee with many international assignments up to world championships.



## Special features

- Favourite apparatus: Bench (formerly beam) and floor
- Favourite element: free wheel
- Most difficult element: Free wheel on the bench



## Success

- 4x participation in German individual championships,
- 1985 6th place in floor finals
- 3x bronze at the German Team Championships and Bundesliga finals
- 12x German Student Champion
- 9x German Senior Champion

## Profession

Secondary school teacher for Mathematics and Chemistry

## Use on the apparatus at the competition (individual classification)





# Turnen

## DEUTSCHLAND

### Senioren



**Katja Gerhardt \* 10 Dezember 1971**

#### How it all began

My gymnastics career began in 1976 at SV Niederwörresbach. Between 1983 and 1989 my gymnastics skills were greatly encouraged by the nominations for the national squad, but unfortunately my desire to do gymnastics was gradually destroyed during this time by the miserable topic of "weight" and various breaches of trust, so that shortly before the World Championships in my own country I hung my straps on the wall. Today I regret this decision very much, but I can't change it. However, the desire to "overturn and fly" remained and so I came to diving through my sports studies and also started at the Jahn Neunkampf in 1993 and 1998 and in competitive aerobics. But the constant pressure to win led me to triathlon and marathon, 1996 to 2008, because I just wanted to compete without a thought of winning. My daughter (10 years old) got me back into gymnastics because I've been training her at KTV Nahetal/Niederwörresbach since 2018. In 2023 my gymnasts started in the LK program. But since my gymnasts kept forgetting their floor freestyle exercises, I did them and videotaped them for them, and the thought came to me: "If I'm already doing LK gymnastics on the floor, I can start again in the competition myself."



#### Special Features

- Favourite apparatus: Vault, Bars and Floor, because you can fly so high and feel free.



#### Success

- 1986 Youth European Championships in Karlsruhe, Vault Finals 6. Platz
- 1987 German Champion at Floors
- 1986 – 1989 World Cup Squad
- 1988 German Vive Champion
- 1989 End of intern. Career
- 1995 5-time University Champion
- 1995 Bundesliga with KTV Frankfurt
- 2001 Bundesliga with TV Baumbach
- 2017 German Senior Championships 4. Place

#### Profession

- Teacher

**Use on the apparatus at the competition (individual classification)**



# Turnen

# DEUTSCHLAND

## Senioren



**Ursula Willwohl 06.03.1956**

### How it all began

At the age of nine, my father took me to his gymnastics gym in Ludwigsfelde. There I was so enthusiastic about gymnastics so that at the age of 10 I passed the entrance examination for a children's and youth sports school in the GDR. There I went to boarding school and trained for 7 years with small successes. My first important success I achieved at the student championships and later at the GDR's best competitions. Since 1990 I have been a member of the TUS Klingetal Frankfurt(Oder) club. I train there myself and am also active there as a coach in junior gymnastics.



### Special features

Favourite apparatus: uneven bars

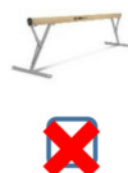
Most difficult element: pike 1/1



### Success

- multiple German senior champion
- 9 times German senior cup winner

**Use on the apparatus at the competition (individual classification)**







**Marion Hoch, 26.04.1958**



**How it all began**

Born 26.04.1958 (65)

First training in 1966 on a playground, a trainer discovered me doing gymnastics on the climbing frame and invited me to the gym. Thus began my gymnastics career on 2 May 1966. I trained at the BSG Post Bautzen in the performance centre and had a lot of fun and enthusiasm. After two years I took part in competitions at district level. At the age of 10, I joined the training group of my long-time coach Walter Ruben.

My personal highlight was in 1977 when I took part in the GDR's best competition in Erfurt, where I came 9<sup>th</sup> place. For the next few years I was involved in my family, but still worked as a coach and judge.

In 2004 I rediscovered gymnastics, started to train regularly and became Saxony Champion in 2005. When I qualified for the German Championships in 2005, my passion was completely reawakened and I finished in an excellent 10<sup>th</sup> place.

I have been Saxony Champion for 10 years now and at the German Championships I always finished among the best 6.

Twice I was runner-up and once I came third. In 2023, I qualified for the senior selection against Japan for the first time and am looking forward to a great competition.

**Special features**

Bars: Free roll, handstand roll, various turns and jumps  
 Floor: held turn

**Profession**

I have been retired since 2022. However, I am still active as a gymnastics coach and judge at MSV Bautzen 04. Here I built up the kindergarten sport, taught back fitness, aerobics and Pilates.

**Success**

- Saxony Champion for 10 years
- 2005 first participation at DM
- from 2006 always among the first 6 of the DM
- 2011 2nd place Germany Cup with the team
- 2013, 2015, 2017, 2021 3rd place with the team at the Germany Cup
- Furthermore I took part in numerous competitions, such as the Freyburg gymnastics meeting (places 1- 4)



**Use on the apparatus at the competition (individual classification)**





# Turnen

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# DEUTSCHLAND

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## Senioren



**Elisabeth Zeier**

### How it all began

I was already enthusiastic about gymnastics when I was at primary school. I took part in numerous regional competitions and, as I grew up in South Tyrol, I also took part in many competitions all over Italy. After a successful placement at the Italian Championships, I was invited to train with the Italian national team in Rome. After 14 days of training, however, I gave up competitive gymnastics; school and studies were more important to me. However, I remained closely connected to gymnastics, became a judge and coach and trained the gymnasts of TSV Neunkirchen am Brand in Upper Franconia/Bavaria for well over 30 years.

Although gymnastics has changed a lot since my active time, I decided to actively participate in competitions again in 2001.



### Special features

- Favourite apparatus: Floor



### Success

- German Senior Champion 2009, 2013, 2015

Use on the apparatus at the competition (individual classification)



Turnen  
**DEUTSCHLAND**  
Senioren



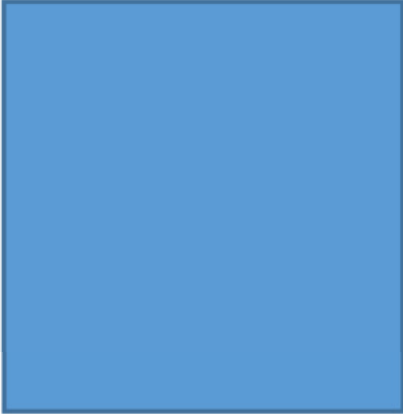
**Monika Kretschmar**

**How it all began**

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**Special features**

- XXXXXXXXXXXXX



**Success**

- XXXXXXXXXXXXXXXXXXXXX

**Use on the apparatus at the competition (individual classification**

