

Gymnastics Team World Cup

German Women's Team

Dekade	Name
30-40	Sabine Storz
	Karen Hoffmann
40-50	Bente Grams
	Silvie Wentzell
50-60	Melanie Lienemann-Günther
	Katja Gerhardt
60-70	Ursula Willwohl
	Marion Hoch
70+	Elisabeth Zeier
	Lieselotte Lindemann
WildCard	Kerstin Pfirrmann (40)
	Petra Wallschläger (60)
individual	Tanja Hütten



Sabine Storz * 08.03.1990

personal story

I started my career in 1995 in Malsch. When I started studying, I moved to Freiburg and became a member of the PTSV Jahn Freiburg, where I still do gymnastics.

At the moment I practise three times a week on vault, beam, bars and floor. The best results I have achieved so far are the 12-time German Champion in the nineathlon and the first place in the 3rd highest German National League (South) including the promotion to the 2nd League.

I also teach girls (13-14 years) twice a week and women with whom I compete in the 2nd League.



job

- maths and sports teacher at a high school



personal best results

- 12-time German Champion in nineathlon
- 3rd place at the German Senior Championships in 2023
- 1st place in the 3rd German National League (South) with promotion to the 2nd League
- 4-time athlete of the year in Freiburg
- 3rd place with the team at the German University Championships 2016
- 2nd place at the German University Championships 2016 on vault

special

- gymnast since 1995
- nineathlete since 2010
- association: PTSV Jahn Freiburg TG Breisgau
- favourite event: vault
- favourite training event: vault, beam, bars and floor
- favourite move: double somersault
- my strength: jumping power, strong all-rounder, incredible joy while doing gymnastics
- state-certified ski instructor
- good mood dancer
- favourite drink: Paulaner Spezi
- owner of a 5m long floor beam
- dream job: stunt woman

events that I start at masters team world cup 2024



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-vice-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, 1st at the World-Cup with Team Germany Seniors 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



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

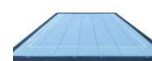
- Favourite apparatus: uneven bars
- Favourite parts: free rim, dismount somersault half twist
- Most difficult part: somersault vv. Approach (balance beam)



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

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



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



Petra Wallschläger 27.05.1958

How it all began

I started gymnastics in the club I'm still in today, the company sports club Stahl Eisenhüttenstadt e.V. (BSG Stahl Ehst.). That was in the 1st grade. From 1969 to 1974 I attended the sports school in Frankfurt (Oder). Unfortunately, I had to give up gymnastics because of a back injury. I am a primary school teacher by profession. During my studies I took part in student championships for the institute student championships for the institute and worked as a trainer in my club. After my studies, I started working for 3 years at the children's and youth sports school Frankfurt (Oder) as a teacher in the gymnastics department. In 1981, I accepted an offer from my club to work as a trainer in the junior and in the popular sport of gymnastics. From 1981 to 2023, I worked as a coach and later as the club's managing director. In all these years, until my retirement in August 2023, I am still coach of children, youth and adult/senior gymnasts. In addition I also lead a women's gymnastics group. Since 2000, with a few interruptions, I have taken part in German championships in German individual and team championships. Of course I also take part in numerous other competitions.



Special features

Favorite apparatus: floor
(forward somersault, aerial)
Yamashita on vault



Success

- 1972vGDR champion an Spartakiade-winner on uneven bars
- 15 times German senior champion
- 1 AA German Champion 2024
-

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)



Turnen

DEUTSCHLAND

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 Masters Champion
2009, 2013, 2015

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Lieselotte (Lilo) Lindemann 18.05.1951

How it all began

I became a member of the Wiesbaden Gymnastics Association at the age of 7. In the general I became interested in gymnastics and sport. This and my gymnastics teacher shaped my whole life. Since 1968 I have taken part in many German state and national competitions, in the „Deutscher Achtkampf“ (athletics and gymnastics mixed) and pure gymnastics competitions. I studied sport at a specialized institute and was a trainer in clubs for almost 50 years for ski gym, fitness gym, aerobics and gymnastics. When the German senior championships took place for the first time in 2000, I started doing gymnastics. Since then I have competed in almost all of them (not in 2 due to injury). I was a PE teacher at an elementary school and have been a pensioner since 2013. Sport also shaped the life of my sporting family (husband and 3 children).



Special features

- Favourite apparatus: parallel bars

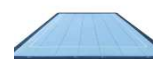


Mother and daughter

Success

- 19 times German Masters Champion

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



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 9th 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 10th 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)





Kerstin Pfirrmann * 05. März 1983

Personal Story



I was allowed to get a taste of gymnasium air at a young age and completed my first competition at the Gaukinderturnfest at a age of five. With my former team the TV Knielingen we climbed up through several levels until the Verbandsliga. Since we were a colorful mix of several Karlsruher gymnasts, we form the 2nd team of the Kunststurn Region Karlsruhe in 2004. The idea at that time was to offer all the gymnasts, mostly the older women, a team with which they could train and go to competitions. With this team we promoted to the Oberliga and even won the championship title. After a shoulder injury in 2011 and three baby-breaks until 2018, i got back to training, supported my „gymnastic girls“ in the league – meanwhile for the TG Eggenstein and became a member of the senior Team Baden. Since then we’ve done some regional senior competitions and even abroad. I hope this will continue for a while.

Particularities

- Club: TG Eggenstein
- Favorite device: uneven bars
- Favorite element: Clear hip circle to handstand
- Better clean and soft, for that a life long.

Profession

Teacher at Max-Planck-Gymnasium Karlsruhe.
 Subjects: Physical Education and Mathematics

Successes

- Multiple Baden senior Champion
- 3rd Place at German Senior Championship 2023 & 2024
- As a member of the „Team Baden“ serveral times winner of the German Senior Cup.
- 1st Place at Riga-Cup 2019
- Long-time league gymnast (until Oberliga) of TV Knielingen later KR Karlsruhe and TG Eggenstein



Use on the devices (individual)



Turnen

DEUTSCHLAND

Senioren



Tanja Hütten * 06.07.1979



Personal Gymnast Story

When I was 5 years old, my parents took me to the children's gymnastics group. My talent was quickly discovered here. After a year I switched to the competition group and from then on trained three times a week and later unfortunately only twice a week in order to be able to compete in competitions up to the Rhenish level.

From the youth to the adult level, I dominated in my or the open age group at district level.

I also completed training as a trainer when I was a young adult and have been leading our club's girls' competition group ever since.

Despite a little dry spell in between, I never gave up gymnastics. My ambition drove me to persevere until I started in the senior division. Here I can live out my creativity and inclinations in freestyle gymnastics, which continues to motivate me even more and push me to achieve greater things. Gymnastics is my passion because it is spectacular, aesthetic, diverse, powerful, dynamic and just great to watch.

Special Features

- Favorite equipment: uneven bars and high bar
- Best Device: Bench
- Favorite element: Roll backwards into handstand (C element on the bench)

Profession

- Clerk at Lebenshilfe in Heinsberg for people with disabilities



Successes

- 2 times 1st place and several podium placements at the Rhenisch (Westf.) Championships (youth / adults and seniors)
- Multiple participation in the Germany Cup for senior teams
- Victory in the traditional competition, the 47th Eberswalde gymnastics meeting
- 4 TOP 10 placements at German Senior Championships
- Substitute gymnast for the German team's 1st place at the International Senior Team Cup 2023 in Einbeck

Use on the apparatus at the competition (individual classification)

