

| Disziplin | Leistung | Name | Datum | Ort |
|---------------------|-------------|---------------------------------|----------------|--------------------|
| 100m | 11,33s | Kwadwo, Keshia (90) | 04.08.2017 | Ulm |
| 200m | 23,81s | Gosciniak, Monika (77) | 08.07.1995 | Rhede |
| 400m | 54,29s | Scheppan, Ruth (69) | 26.07.1987 | Sindelfingen |
| 800m | 2:05,75min | Goldfuß, Janina (83) | 15.06.2001 | Mannheim |
| 1500m | 4:19,44min | Ollesch, Lisa (93) | 02.07.2011 | Mannheim |
| 3000m | 9:46,85 min | Ollesch, Isabell (93) | 12.05.2011 | Dortmund |
| 5000m | 17:42,63min | Knoke, Katrin (81) | 27.05.2000 | Troisdorf |
| 10000m | | | | |
| 10 km Straße | 38:19min | Knoke, Katrin (81) | 12.03.2000 | Leverkusen |
| 100mH | 13,37 s | Dutkiewicz,Pamela (91) | 03.07.2010 | Mannheim |
| 400mH | 59,88 | Vogel, Anastasia (2002) | 28.07.2018 | Rostock |
| 2000mH | 6:50,78min | Tertünte, Julia (97) | 01.08.2015 | Jena |
| Hoch | 1,80m | Sievers, Sabine (75) | 13.07.1991 | Ahlen |
| Stabhoch | 3,10m | Klein, Saskia | 07.07.1995 | Rhede |
| Weit | 6,37m | Moguenara, Sosthene (89) | 10.05.2008 | Berlin |
| Drei | 12,14m | Krull, Annika (83) | 21.08.2005 | Rostock |
| Kugel | 15,60m | <i>Beyer, Ilona (76)</i> | 20.08.1995 | Schwäbisch Gmünd |
| | 17,24m | Ritter, Julian (98) | 22.07.2017 | Grossetto, Italien |
| Diskus | 57,36m | Northoff, Pia (02) | 24.05.2019 | Schönebeck |
| Hammer | 50,38m | Brosa, Simone (81) | 25.03.2000 | Minden |
| Speer neu | 57,74m | Soboll, Carolin (81) | 14.05.1999 | Halle |
| 7-Kampf alt | 52888P. | Sievers, Sabine (75) | 01./02.06.1991 | Vaterstetten |
| 7-Kampf neu | 5128P. | Menne, Ekaterina (87) | 26./27.08.05 | Lage |
| 4x100m | 45,94s | Kwadwo-Moguernara-Cremer-Bäcker | 05.08.2007 | Ulm |
| 4x400m | 3:50,86min | Geritzen-Grollmann-Kunz-Garver | 29.06.2003 | Ulm |
| 3x800m | 6:41,45min | V.Schwefer-C-Schwefer-Gradzki | 05.07.1998 | Berlin |
| 7-Kampf MS | | | | |



Westfalenrekord

alter Speer bis 1998
neuer Speer ab 1998