

Wettkampf 11 - 400m Freistil weiblich

NRW-Bestenliste SMK 2023 10 J. (2013): 05:17,85 - Stockmann, Lena (SG Bergheim) am 17.12.2011
NRW-Bestenliste SMK 2023 11 J. (2012): 04:49,83 - Mülder, Valerie (SV Rhenania Köln 1919 e.V.) am 02.12.2000
NRW-Bestenliste SMK 2023 12 J. (2011): 04:35,82 - Wirz, Janine (TPSK 1925 e. V.) am 25.06.2009

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1.	Sára Szabó 100m: 01:22,45 (01:22,45) 200m: 02:46,78 (01:24,33) 300m: 04:11,98 (01:25,20) 400m: 05:33,90 (01:21,92)	2013	SG Schwimmen Münster	05:33,90	355
2.	Julia Bodenburg 100m: 01:23,48 (01:23,48) 200m: 02:51,36 (01:27,88) 300m: 04:17,87 (01:26,51) 400m: 05:39,37 (01:21,50)	2013	SG Mönchengladbach	05:39,37	338
3.	Amelie Nzounpe 100m: 01:22,34 (01:22,34) 200m: 02:51,29 (01:28,95) 300m: 04:19,87 (01:28,58) 400m: 05:43,08 (01:23,21)	2013	SC Delphin Geldern	05:43,08	327
4.	Valentina Basile da Costa 100m: 01:22,48 (01:22,48) 200m: 02:48,20 (01:25,72) 300m: 04:18,54 (01:30,34) 400m: 05:46,58 (01:28,04)	2013	SG Bayer	05:46,58	317
5.	Alexandra Cremers 100m: 01:25,74 (01:25,74) 200m: 02:58,14 (01:32,40) 300m: 04:31,89 (01:33,75) 400m: 05:59,84 (01:27,95)	2013	SG Bayer	05:59,84	283
6.	Tjorven Ida Abrahams 100m: 01:27,02 (01:27,02) 200m: 02:59,81 (01:32,79) 300m: 04:34,08 (01:34,27) 400m: 06:02,50 (01:28,42)	2013	SG Gelsenkirchen	06:02,50	277
7.	Nina Gerkens 100m: 01:22,56 (01:22,56) 200m: 02:55,31 (01:32,75) 300m: 04:30,54 (01:35,23) 400m: 06:03,78 (01:33,24)	2013	SV Übach-Palenberg	06:03,78	274
8.	Emilie Urban 100m: 01:26,51 (01:26,51) 200m: 03:00,25 (01:33,74) 300m: 04:32,29 (01:32,04) 400m: 06:04,66 (01:32,37)	2013	SG Bayer	06:04,66	272
9.	Emilia Klaus 100m: 01:22,86 (01:22,86) 200m: 02:58,00 (01:35,14) 300m: 04:34,48 (01:36,48) 400m: 06:04,95 (01:30,47)	2013	SG Dortmund	06:04,95	272
10.	Ella Hartmann 100m: 01:26,12 (01:26,12) 200m: 03:01,14 (01:35,02) 300m: 04:35,52 (01:34,38) 400m: 06:06,23 (01:30,71)	2013	SG Dortmund	06:06,23	269
11.	Katharina Kohl 100m: 01:29,89 (01:29,89) 200m: 03:03,45 (01:33,56) 300m: 04:36,16 (01:32,71) 400m: 06:08,67 (01:32,51)	2013	SG Dortmund	06:08,67	263
12.	Lina Göbl 100m: 01:26,00 (01:26,00) 200m: 03:04,20 (01:38,20) 300m: 04:43,02 (01:38,82) 400m: 06:11,00 (01:27,98)	2013	Hennefer TV	06:11,00	258
13.	Ilvy Kühnhenrich 100m: 01:29,41 (01:29,41) 200m: 03:05,76 (01:36,35) 300m: 04:42,15 (01:36,39) 400m: 06:11,47 (01:29,32)	2013	SG Bergheim	06:11,47	257
14.	Paula Deuker 100m: 01:30,83 (01:30,83) 200m: 03:09,42 (01:38,59) 300m: 04:45,70 (01:36,28) 400m: 06:16,25 (01:30,55)	2013	SG Essen	06:16,25	248
15.	Jule Jessen 100m: 01:29,78 (01:29,78) 200m: 03:08,43 (01:38,65) 300m: 04:45,70 (01:37,27) 400m: 06:18,15 (01:32,45)	2013	SG Mülheim	06:18,15	244
16.	Pia Luciana Solmecke 100m: 01:32,89 (01:32,89) 200m: 03:11,10 (01:38,21) 300m: 04:48,73 (01:37,63) 400m: 06:21,07 (01:32,34)	2013	SG Dortmund	06:21,07	238

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noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
17.	Franka Gerling <i>100m: 01:29,57 (01:29,57) 200m: 03:06,80 (01:37,23) 300m: 04:45,45 (01:38,65) 400m: 06:21,78 (01:36,33)</i>	2013	SG Schwimmen Münster	06:21,78	237
18.	Riva Franke <i>100m: 01:30,80 (01:30,80) 200m: 03:09,35 (01:38,55) 300m: 04:46,65 (01:37,30) 400m: 06:21,84 (01:35,19)</i>	2013	SG Dortmund	06:21,84	237
19.	Sofia Grieser <i>100m: 01:32,68 (01:32,68) 200m: 03:11,75 (01:39,07) 300m: 04:49,59 (01:37,84) 400m: 06:24,18 (01:34,59)</i>	2013	SV Westfalen Hagen	06:24,18	233
20.	Emma Anni Rotthoff <i>100m: 01:28,02 (01:28,02) 200m: 03:09,51 (01:41,49) 300m: 04:51,73 (01:42,22) 400m: 06:28,57 (01:36,84)</i>	2013	SG Gladbeck/Recklinghausen	06:28,57	225
21.	Tilda-Constanze Grund <i>100m: 01:32,35 (01:32,35) 200m: 03:13,51 (01:41,16) 300m: 04:54,41 (01:40,90) 400m: 06:29,52 (01:35,11)</i>	2013	SG Schwimmen Münster	06:29,52	223
22.	Elisaweta Sablin <i>100m: 01:34,29 (01:34,29) 200m: 03:15,01 (01:40,72) 300m: 04:55,44 (01:40,43) 400m: 06:32,12 (01:36,68)</i>	2013	SG Essen	06:32,12	219
23.	Nele Blasch <i>100m: 01:35,59 (01:35,59) 200m: 03:18,02 (01:42,43) 300m: 04:58,70 (01:40,68) 400m: 06:34,38 (01:35,68)</i>	2013	SG Mülheim	06:34,38	215
24.	Anastasia Moskwa <i>100m: 01:29,72 (01:29,72) 200m: 03:11,15 (01:41,43) 300m: 04:55,26 (01:44,11) 400m: 06:34,66 (01:39,40)</i>	2013	SG Bayer	06:34,66	215
25.	Alva Mund <i>100m: 01:32,37 (01:32,37) 200m: 03:16,53 (01:44,16) 300m: 04:58,91 (01:42,38) 400m: 06:35,25 (01:36,34)</i>	2013	SC Delphin Geldern	06:35,25	214
26.	Stephanie Golda <i>100m: 01:33,31 (01:33,31) 200m: 03:15,97 (01:42,66) 300m: 04:58,31 (01:42,34) 400m: 06:35,25 (01:36,94)</i>	2013	SG Neuss	06:35,25	214
27.	Emna Sahraoui <i>100m: 01:34,24 (01:34,24) 200m: 03:17,49 (01:43,25) 300m: 04:59,09 (01:41,60) 400m: 06:36,75 (01:37,66)</i>	2013	SG Bergheim	06:36,75	211
28.	Pia Fischer <i>100m: 01:32,51 (01:32,51) 200m: 03:15,35 (01:42,84) 300m: 04:59,71 (01:44,36) 400m: 06:38,00 (01:38,29)</i>	2013	SC Delphin Geldern	06:38,00	209
29.	Maria Maierhofer <i>100m: 01:34,10 (01:34,10) 200m: 03:17,07 (01:42,97) 300m: 04:59,48 (01:42,41) 400m: 06:38,23 (01:38,75)</i>	2013	SG Mülheim	06:38,23	209
30.	Sophie Willerberg <i>100m: 01:32,80 (01:32,80) 200m: 03:16,23 (01:43,43) 300m: 04:59,67 (01:43,44) 400m: 06:38,55 (01:38,88)</i>	2013	PSV Oberhausen	06:38,55	208
31.	Aurelia Spitz Leal <i>100m: 01:34,04 (01:34,04) 200m: 03:17,36 (01:43,32) 300m: 05:02,37 (01:45,01) 400m: 06:38,71 (01:36,34)</i>	2013	PSV Oberhausen	06:38,71	208
32.	Fiona Schneider <i>100m: 01:33,96 (01:33,96) 200m: 03:17,55 (01:43,59) 300m: 05:02,16 (01:44,61) 400m: 06:40,17 (01:38,01)</i>	2013	SV Neptun Erkenschwick	06:40,17	206
33.	Annika Stark <i>100m: 01:36,39 (01:36,39) 200m: 03:20,13 (01:43,74) 300m: 05:04,20 (01:44,07) 400m: 06:42,80 (01:38,60)</i>	2013	SC Delphin Geldern	06:42,80	202

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
34.	Lisa Pöland <i>100m: 01:35,72 (01:35,72) 200m: 03:19,16 (01:43,44) 300m: 05:03,51 (01:44,35) 400m: 06:43,63 (01:40,12)</i>	2013	SC Hürth	06:43,63	201
35.	Leni Tschunko <i>100m: 01:36,94 (01:36,94) 200m: 03:20,34 (01:43,40) 300m: 05:05,61 (01:45,27) 400m: 06:44,12 (01:38,51)</i>	2013	SG Gladbeck/Recklinghausen	06:44,12	200
36.	Thea Mevissen <i>100m: 01:38,73 (01:38,73) 200m: 03:24,19 (01:45,46) 300m: 05:10,39 (01:46,20) 400m: 06:48,84 (01:38,45)</i>	2013	SC Delphin Geldern	06:48,84	193
37.	Sophia Eul <i>100m: 01:35,60 (01:35,60) 200m: 03:22,60 (01:47,00) 300m: 05:11,21 (01:48,61) 400m: 06:52,74 (01:41,53)</i>	2013	SG Gladbeck/Recklinghausen	06:52,74	188
38.	Cosima-Venezia Teerling <i>100m: 01:38,79 (01:38,79) 200m: 03:24,18 (01:45,39) 300m: 05:10,82 (01:46,64) 400m: 06:53,03 (01:42,21)</i>	2013	SG Schwimmen Münster	06:53,03	187
	<u>nicht am Start</u> Pia Tempelhoff <u>aufgegeben</u> Laura Dück	2013	SSC Hörde SG Dortmund		

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1.	Ina Cichon <i>100m: 01:19,74 (01:19,74) 200m: 02:42,82 (01:23,08) 300m: 04:05,29 (01:22,47) 400m: 05:26,47 (01:21,18)</i>	2012	SG Bergheim	05:26,47	379
2.	Talya Tok <i>200m: 02:42,13 (02:42,13) 300m: 04:07,93 (01:25,80) 400m: 05:30,59 (01:22,66)</i>	2012	TPSK 1925	05:30,59	365
3.	Myrtha Vogt <i>100m: 01:18,04 (01:18,04) 200m: 02:43,25 (01:25,21) 300m: 04:09,58 (01:26,33) 400m: 05:32,67 (01:23,09)</i>	2012	SG Gladbeck/Recklinghausen	05:32,67	359
4.	Hailey Grace Walker <i>100m: 01:19,35 (01:19,35) 200m: 02:44,94 (01:25,59) 300m: 04:10,45 (01:25,51) 400m: 05:34,31 (01:23,86)</i>	2012	SG Essen	05:34,31	353
5.	Lorena Guerra Gonzalez <i>100m: 01:17,65 (01:17,65) 200m: 02:42,65 (01:25,00) 300m: 04:10,08 (01:27,43) 400m: 05:34,97 (01:24,89)</i>	2012	SG Essen	05:34,97	351
6.	Eslem Su Soydan <i>100m: 01:19,39 (01:19,39) 200m: 02:45,42 (01:26,03) 300m: 04:12,98 (01:27,56) 400m: 05:36,67 (01:23,69)</i>	2012	TPSK 1925	05:36,67	346
7.	Charlotte Mager <i>100m: 01:19,54 (01:19,54) 200m: 02:47,22 (01:27,68) 300m: 04:16,10 (01:28,88) 400m: 05:41,10 (01:25,00)</i>	2012	SG Neuss	05:41,10	333
8.	Sophie Simone Satsukevych <i>100m: 01:23,22 (01:23,22) 200m: 02:51,37 (01:28,15) 300m: 04:18,94 (01:27,57) 400m: 05:41,75 (01:22,81)</i>	2012	SG Mönchengladbach	05:41,75	331
9.	Nina Jarosch <i>100m: 01:20,22 (01:20,22) 200m: 02:47,24 (01:27,02) 300m: 04:17,62 (01:30,38) 400m: 05:43,78 (01:26,16)</i>	2012	SG Bergheim	05:43,78	325

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
10.	Tara Lettmann <i>100m: 01:20,49 (01:20,49) 200m: 02:49,30 (01:28,81) 300m: 04:18,30 (01:29,00) 400m: 05:44,27 (01:25,97)</i>	2012	SG Gladbeck/Recklinghausen	05:44,27	324
11.	Anna Stockel <i>100m: 01:23,16 (01:23,16) 200m: 02:52,32 (01:29,16) 300m: 04:21,32 (01:29,00) 400m: 05:46,51 (01:25,19)</i>	2012	SG Schwimmen Münster	05:46,51	317
12.	Viktoria Sinizki <i>100m: 01:21,32 (01:21,32) 200m: 02:51,11 (01:29,79) 300m: 04:24,14 (01:33,03) 400m: 05:47,00 (01:22,86)</i>	2012	SG Neuss	05:47,00	316
13.	Calista Helesch <i>100m: 01:23,08 (01:23,08) 200m: 02:50,62 (01:27,54) 300m: 04:20,51 (01:29,89) 400m: 05:47,61 (01:27,10)</i>	2012	SG Mülheim	05:47,61	314
14.	Katharina Lind <i>100m: 01:20,38 (01:20,38) 200m: 02:50,63 (01:30,25) 300m: 04:21,98 (01:31,35) 400m: 05:48,00 (01:26,02)</i>	2012	SG Neuss	05:48,00	313
15.	Matilda Maiß <i>100m: 01:21,50 (01:21,50) 200m: 02:52,69 (01:31,19) 300m: 04:24,37 (01:31,68) 400m: 05:48,27 (01:23,90)</i>	2012	SG Gladbeck/Recklinghausen	05:48,27	312
16.	Josefine Michel <i>100m: 01:29,88 (01:29,88) 200m: 02:54,06 (01:24,18) 300m: 04:23,67 (01:29,61) 400m: 05:49,68 (01:26,01)</i>	2012	SG Schwimmen Münster	05:49,68	309
17.	Mia Radloff <i>100m: 01:22,09 (01:22,09) 200m: 02:51,43 (01:29,34) 300m: 04:23,27 (01:31,84) 400m: 05:51,48 (01:28,21)</i>	2012	SG Dortmund	05:51,48	304
18.	Wilhelmine Heidemann <i>100m: 01:21,38 (01:21,38) 200m: 02:51,50 (01:30,12) 300m: 04:23,54 (01:32,04) 400m: 05:52,25 (01:28,71)</i>	2012	SC Steinhagen-Amshausen	05:52,25	302
19.	Melina Reis <i>100m: 01:23,95 (01:23,95) 200m: 02:56,88 (01:32,93) 300m: 04:28,41 (01:31,53) 400m: 05:53,38 (01:24,97)</i>	2012	SC Delphin Geldern	05:53,38	299
20.	Annika Migala <i>100m: 01:19,65 (01:19,65) 200m: 02:49,83 (01:30,18) 300m: 04:22,85 (01:33,02) 400m: 05:54,47 (01:31,62)</i>	2012	SG Bayer	05:54,47	296
21.	Emma Weckbecker <i>100m: 01:24,00 (01:24,00) 200m: 02:54,09 (01:30,09) 300m: 04:26,19 (01:32,10) 400m: 05:56,07 (01:29,88)</i>	2012	SG Mülheim	05:56,07	292
22.	Lina Pabel <i>100m: 01:23,96 (01:23,96) 200m: 02:55,86 (01:31,90) 300m: 04:27,33 (01:31,47) 400m: 05:56,40 (01:29,07)</i>	2012	SV Langenfeld	05:56,40	292
23.	Vassilissa Eickels <i>100m: 01:26,45 (01:26,45) 200m: 02:58,39 (01:31,94) 300m: 04:31,02 (01:32,63) 400m: 05:58,42 (01:27,40)</i>	2012	SV Rhenania Köln	05:58,42	287
24.	Tineke Meese <i>100m: 01:24,50 (01:24,50) 200m: 02:56,93 (01:32,43) 300m: 04:30,35 (01:33,42) 400m: 06:00,10 (01:29,75)</i>	2012	Rote Erde/SWIM-TEAM TuS Hamm	06:00,10	283
25.	Sophie Männich <i>100m: 01:28,02 (01:28,02) 200m: 03:00,97 (01:32,95) 300m: 04:33,44 (01:32,47) 400m: 06:00,59 (01:27,15)</i>	2012	SG Bayer	06:00,59	281
26.	Amelie Jonas <i>100m: 01:23,66 (01:23,66) 200m: 02:57,31 (01:33,65) 300m: 04:32,06 (01:34,75) 400m: 06:02,79 (01:30,73)</i>	2012	PSV Oberhausen	06:02,79	276

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noch Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
27.	Leona Sonntag <i>100m: 01:23,33 (01:23,33) 200m: 02:55,56 (01:32,23) 300m: 04:30,50 (01:34,94) 400m: 06:02,84 (01:32,34)</i>	2012	Wasserfreunde Wuppertal	06:02,84	276
28.	Frida Schaarwächter <i>100m: 01:23,96 (01:23,96) 200m: 02:57,67 (01:33,71) 300m: 04:33,70 (01:36,03) 400m: 06:03,18 (01:29,48)</i>	2012	Wasserfreunde Wuppertal	06:03,18	275
29.	Lia Hartmannshenn <i>100m: 01:25,61 (01:25,61) 200m: 03:02,47 (01:36,86) 300m: 04:38,54 (01:36,07) 400m: 06:07,61 (01:29,07)</i>	2012	SG Mönchengladbach	06:07,61	266
30.	Juliana Smyla <i>100m: 01:27,48 (01:27,48) 200m: 03:01,96 (01:34,48) 300m: 04:37,27 (01:35,31) 400m: 06:08,49 (01:31,22)</i>	2012	SG Schwimmen Münster	06:08,49	264
31.	Emilia Erward <i>100m: 01:25,92 (01:25,92) 200m: 03:00,82 (01:34,90) 300m: 04:36,76 (01:35,94) 400m: 06:09,95 (01:33,19)</i>	2012	SG Mülheim	06:09,95	261
32.	Charlotte Katharina Frohwerk <i>100m: 01:27,19 (01:27,19) 200m: 03:01,22 (01:34,03) 300m: 04:38,25 (01:37,03) 400m: 06:10,16 (01:31,91)</i>	2012	SC Delphin Geldern	06:10,16	260
33.	Charlotte Zimmermann <i>100m: 01:24,78 (01:24,78) 200m: 02:59,59 (01:34,81) 300m: 04:36,34 (01:36,75) 400m: 06:10,81 (01:34,47)</i>	2012	TV Ratingen	06:10,81	259
34.	Luisa Rybacki <i>100m: 01:25,44 (01:25,44) 200m: 03:00,28 (01:34,84) 300m: 04:37,78 (01:37,50) 400m: 06:11,72 (01:33,94)</i>	2012	TV Ratingen	06:11,72	257
35.	Nike Diehl <i>100m: 01:29,86 (01:29,86) 200m: 03:04,86 (01:35,00) 300m: 04:42,39 (01:37,53) 400m: 06:12,80 (01:30,41)</i>	2012	SG Dortmund-Süd	06:12,80	255
36.	Elea Stute <i>100m: 01:29,08 (01:29,08) 200m: 03:06,02 (01:36,94) 300m: 04:43,61 (01:37,59) 400m: 06:15,08 (01:31,47)</i>	2012	TuS Sundern	06:15,08	250
37.	Kateryna Koltaniuk <i>100m: 01:25,70 (01:25,70) 200m: 03:03,17 (01:37,47) 300m: 04:40,08 (01:36,91) 400m: 06:15,57 (01:35,49)</i>	2012	SG Gelsenkirchen	06:15,57	249
38.	Emma Klaessen <i>100m: 01:29,64 (01:29,64) 200m: 03:08,02 (01:38,38) 300m: 04:45,77 (01:37,75) 400m: 06:19,33 (01:33,56)</i>	2012	SC Delphin Geldern	06:19,33	242
39.	Cara Maria Pielsticker <i>100m: 01:28,94 (01:28,94) 200m: 03:07,27 (01:38,33) 300m: 04:49,08 (01:41,81) 400m: 06:27,31 (01:38,23)</i>	2012	SG Bayer	06:27,31	227
40.	Lina Böhm <i>100m: 01:30,80 (01:30,80) 200m: 03:10,68 (01:39,88) 300m: 04:52,20 (01:41,52) 400m: 06:27,52 (01:35,32)</i>	2012	PSV Oberhausen	06:27,52	227

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1.	Helene Boller <i>100m: 01:10,34 (01:10,34) 200m: 02:26,65 (01:16,31) 300m: 03:44,09 (01:17,44) 400m: 05:01,05 (01:16,96)</i>	2011	SG Essen	05:01,05	484

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noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
2.	Caroline Stark <i>100m: 01:12,08 (01:12,08) 200m: 02:29,98 (01:17,90) 300m: 03:49,03 (01:19,05) 400m: 05:04,31 (01:15,28)</i>	2011	SC Delphin Geldern	05:04,31	469
3.	Jairah Malien Bermann <i>100m: 01:12,25 (01:12,25) 200m: 02:29,90 (01:17,65) 300m: 03:48,61 (01:18,71) 400m: 05:04,48 (01:15,87)</i>	2011	SG Essen	05:04,48	468
4.	Leonie Wagner <i>100m: 01:12,69 (01:12,69) 200m: 02:32,41 (01:19,72) 300m: 03:53,00 (01:20,59) 400m: 05:11,27 (01:18,27)</i>	2011	TV Jahn Hiesfeld	05:11,27	438
5.	Calla Berner <i>100m: 01:14,06 (01:14,06) 200m: 02:34,95 (01:20,89) 300m: 03:55,88 (01:20,93) 400m: 05:12,88 (01:17,00)</i>	2011	SG Mönchengladbach	05:12,88	431
6.	Isabelle Conradi <i>100m: 01:13,05 (01:13,05) 200m: 02:33,24 (01:20,19) 300m: 03:54,21 (01:20,97) 400m: 05:13,77 (01:19,56)</i>	2011	SG Gladbeck/Recklinghausen	05:13,77	427
7.	Enda Schirmeisen <i>100m: 01:12,34 (01:12,34) 200m: 02:33,84 (01:21,50) 300m: 03:55,79 (01:21,95) 400m: 05:14,74 (01:18,95)</i>	2011	SG Schwimmen Münster	05:14,74	424
8.	Naya Johannknecht <i>100m: 01:13,86 (01:13,86) 200m: 02:35,37 (01:21,51) 300m: 03:57,76 (01:22,39) 400m: 05:15,73 (01:17,97)</i>	2011	SV Blau-Weiß Bochum	05:15,73	420
9.	Paulina Bauer <i>100m: 01:15,37 (01:15,37) 200m: 02:36,34 (01:20,97) 300m: 03:58,62 (01:22,28) 400m: 05:16,09 (01:17,47)</i>	2011	SV Blau-Weiß Bochum	05:16,09	418
10.	Mathilda Yu-Ri Buschmeyer <i>100m: 01:13,46 (01:13,46) 200m: 02:33,85 (01:20,39) 300m: 03:56,12 (01:22,27) 400m: 05:16,15 (01:20,03)</i>	2011	SG Essen	05:16,15	418
11.	Donata Pauline Sophie Saldsieder <i>100m: 01:17,33 (01:17,33) 200m: 02:39,02 (01:21,69) 300m: 03:59,61 (01:20,59) 400m: 05:16,24 (01:16,63)</i>	2011	SSF Bonn	05:16,24	418
12.	Ida Huth <i>100m: 01:21,81 (01:21,81) 200m: 02:38,57 (01:16,76) 300m: 03:59,73 (01:21,16) 400m: 05:17,32 (01:17,59)</i>	2011	TPSK 1925	05:17,32	413
13.	Amelie Weiser <i>100m: 01:14,61 (01:14,61) 200m: 02:36,80 (01:22,19) 300m: 03:58,95 (01:22,15) 400m: 05:18,39 (01:19,44)</i>	2011	Düsseldorfer SC	05:18,39	409
14.	Isabella Wojtakowski <i>100m: 01:14,14 (01:14,14) 200m: 02:35,95 (01:21,81) 300m: 03:59,33 (01:23,38) 400m: 05:19,61 (01:20,28)</i>	2011	SG Gelsenkirchen	05:19,61	404
15.	Mia Brauckmann <i>100m: 01:15,63 (01:15,63) 200m: 02:37,79 (01:22,16) 300m: 04:00,09 (01:22,30) 400m: 05:20,04 (01:19,95)</i>	2011	SG Gladbeck/Recklinghausen	05:20,04	403
16.	Hannah Skokic <i>100m: 01:18,53 (01:18,53) 200m: 02:40,10 (01:21,57) 300m: 04:02,73 (01:22,63) 400m: 05:21,55 (01:18,82)</i>	2011	SG Mülheim	05:21,55	397
17.	Ariane Linkerhand <i>100m: 01:16,26 (01:16,26) 200m: 02:38,88 (01:22,62) 300m: 04:02,45 (01:23,57) 400m: 05:21,98 (01:19,53)</i>	2011	Freie Schwimmer Düsseldorf	05:21,98	396
18.	Clara Fellechner <i>100m: 01:18,41 (01:18,41) 200m: 02:42,69 (01:24,28) 300m: 04:05,77 (01:23,08) 400m: 05:23,80 (01:18,03)</i>	2011	SG Bayer	05:23,80	389

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
19.	Anna Chiara Schleifer <i>100m: 01:16,32 (01:16,32) 200m: 02:39,00 (01:22,68) 300m: 04:02,86 (01:23,86) 400m: 05:23,92 (01:21,06)</i>	2011	SG Essen	05:23,92	389
20.	Maya Farès <i>100m: 01:15,37 (01:15,37) 200m: 02:38,25 (01:22,88) 300m: 04:02,03 (01:23,78) 400m: 05:24,61 (01:22,58)</i>	2011	SG Mülheim	05:24,61	386
21.	Johanna Jänike <i>100m: 01:18,16 (01:18,16) 200m: 02:41,57 (01:23,41) 300m: 04:04,02 (01:22,45) 400m: 05:25,70 (01:21,68)</i>	2011	SG Mülheim	05:25,70	382
22.	Anna Forsbach <i>100m: 01:18,34 (01:18,34) 200m: 02:42,54 (01:24,20) 300m: 04:07,36 (01:24,82) 400m: 05:27,98 (01:20,62)</i>	2011	TV Ratingen	05:27,98	374
23.	Pia Kleinhüchelkoten <i>100m: 01:17,41 (01:17,41) 200m: 02:41,61 (01:24,20) 300m: 04:03,98 (01:22,37) 400m: 05:28,81 (01:24,83)</i>	2011	SG Gladbeck/Recklinghausen	05:28,81	371
24.	Mara Klump <i>100m: 01:18,62 (01:18,62) 200m: 02:43,59 (01:24,97) 300m: 04:08,04 (01:24,45) 400m: 05:30,31 (01:22,27)</i>	2011	SG Siegen	05:30,31	366
25.	Lara Kaiser <i>100m: 01:16,91 (01:16,91) 200m: 02:43,52 (01:26,61) 300m: 04:06,48 (01:22,96) 400m: 05:30,67 (01:24,19)</i>	2011	SG Essen	05:30,67	365
26.	Martha Lübbering <i>100m: 01:18,72 (01:18,72) 200m: 02:44,82 (01:26,10) 300m: 04:10,93 (01:26,11) 400m: 05:33,65 (01:22,72)</i>	2011	VFL Gladbeck	05:33,65	355
27.	Luisa Schröer <i>100m: 01:16,92 (01:16,92) 200m: 02:43,13 (01:26,21) 300m: 04:10,92 (01:27,79) 400m: 05:35,16 (01:24,24)</i>	2011	SG Bayer	05:35,16	351
28.	Laura Isabel Hansen <i>100m: 01:18,94 (01:18,94) 200m: 02:44,87 (01:25,93) 300m: 04:12,47 (01:27,60) 400m: 05:38,50 (01:26,03)</i>	2011	SG Gelsenkirchen	05:38,50	340
29.	Charlotte Drenker <i>100m: 01:18,62 (01:18,62) 200m: 02:45,25 (01:26,63) 300m: 04:13,09 (01:27,84) 400m: 05:39,40 (01:26,31)</i>	2011	TV Ratingen	05:39,40	338
30.	Sophia Ann Moewes <i>100m: 01:22,20 (01:22,20) 200m: 02:50,51 (01:28,31) 300m: 04:17,70 (01:27,19) 400m: 05:40,51 (01:22,81)</i>	2011	SV Horrem-Sindorf	05:40,51	334
31.	Liana Müller <i>100m: 01:21,50 (01:21,50) 200m: 02:48,64 (01:27,14) 300m: 04:16,18 (01:27,54) 400m: 05:40,68 (01:24,50)</i>	2011	SG Dortmund	05:40,68	334
32.	Annabelle Hintzen <i>100m: 01:20,20 (01:20,20) 200m: 02:50,44 (01:30,24) 300m: 04:21,74 (01:31,30) 400m: 05:43,14 (01:21,40)</i>	2011	SG Gladbeck/Recklinghausen	05:43,14	327
33.	Paula Verstraeten <i>100m: 01:22,65 (01:22,65) 200m: 02:50,79 (01:28,14) 300m: 04:18,82 (01:28,03) 400m: 05:43,59 (01:24,77)</i>	2011	SG Neuss	05:43,59	325
34.	Helena Bielitzki <i>100m: 01:20,65 (01:20,65) 200m: 02:48,78 (01:28,13) 300m: 04:18,62 (01:29,84) 400m: 05:44,66 (01:26,04)</i>	2011	SG Oberhausen	05:44,66	322
35.	Linn Fügmann <i>100m: 01:21,56 (01:21,56) 200m: 02:50,78 (01:29,22) 300m: 04:20,81 (01:30,03) 400m: 05:47,06 (01:26,25)</i>	2011	S. V. Bergisch Gladbach	05:47,06	316

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noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
36.	Luise Böcker <i>100m: 01:22,63 (01:22,63) 200m: 02:53,82 (01:31,19) 300m: 04:25,53 (01:31,71) 400m: 05:51,82 (01:26,29)</i>	2011	SC Delphin Geldern	05:51,82	303
37.	Luise Rattmann <i>100m: 01:22,57 (01:22,57) 200m: 02:54,86 (01:32,29) 300m: 04:28,42 (01:33,56) 400m: 05:57,05 (01:28,63)</i>	2011	SC Delphin Geldern	05:57,05	290
38.	Antonina Soltyska <i>100m: 01:27,49 (01:27,49) 200m: 03:01,17 (01:33,68) 300m: 04:34,48 (01:33,31) 400m: 05:59,24 (01:24,76)</i>	2011	SVD Tria Kettwig	05:59,24	285
39.	Helena Jansen <i>100m: 01:29,10 (01:29,10) 200m: 03:08,73 (01:39,63) 300m: 04:48,20 (01:39,47) 400m: 06:20,67 (01:32,47)</i>	2011	SG Gladbeck/Recklinghausen	06:20,67	239
	<u>abgemeldet</u> Emilia Bargmann	2011	SG Mülheim		